Chichester Herald

Friday 7th September 2012
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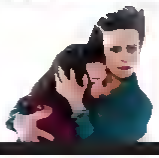

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Bishop 'ashamed' over failings

>>*Report found a "profoundly negative culture"*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

THE BISHOP of Chichester has said he is "profoundly ashamed" the Sussex church failed to protect children from abuse.

Dr Martin Warner, who has led the diocese since May, said apology was "too light a word" and the organisation needed to register "our shame".

He said it needed to do everything in its power to stop it happening again.

His comments came after a report found a "profoundly negative culture" within the Diocese of Chichester led to two decades of child protection failures.

The inquiry by the Archbishop of Canterbury's office said "fresh and disturbing" aspects of the way abuse claims were handled keep surfacing.

Lambeth Palace has said it will now oversee clergy appointments and child protection matters in Sussex.

> "I believe that they [children], in this diocese, are going to be safer now than they ever have been"

Dr Warner told BBC Sussex: "I think as a Christian and as a minister of the gospel I have been profoundly ashamed that the church, and all of us have to take responsibility for this, has failed so, so signally in the care, proper care, of people in its charge.

"We have to register with them and for them our shame, apology is too light a word almost for that, and to recognise that there is a massive imperative on us now to ensure that we do everything we can in our power to prevent this happening in the future."

He agreed with the report that there was "dysfunctionality" in the structure of the Diocese of Chichester and said the bishops all needed to work together better.

Dr Warner also said that new checks for clergy would stop anything similar happening again, adding: "I believe that they [children], in this diocese, they are going to be safer now than they ever have been.

"The benchmark has been very low, [but] it has been raised very, very swiftly and dramatically over the last couple of years or so, which again is something the archbishop recognised in terms of work that has been done."

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Dr Martin Warner, who has led the diocese since May

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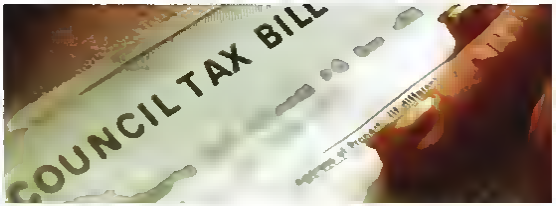
Changes to council tax benefit



PEOPLE living across the Chichester District have just two weeks left to give their views on changes to council tax benefit that could affect them and their families

New rules introduced by the Government mean that from April 2013 council tax benefit will be abolished and replaced by local support to help people to pay their council tax. Funding for this scheme will be cut by 10% – a reduction of around £750,000

Councils across the country have to create local reduction schemes for their area. Chichester District Council is now beginning to explore how its scheme could look. A consultation for local residents to provide their views will run until Friday 14 September

The council wants the new scheme to meet the needs of the local community, protect the most vulnerable and low income households in the district, and include work incentives that will encourage people back to work.

The Government is reducing the funding it provides to the council and so it is consulting on a number of ways this could be dealt with, such as reducing the amount of benefit people receive, making some people pay a little extra towards their council tax, or, changing the exemptions and level of discount on second homes, empty properties and those buildings undergoing repairs. This would be used to help pensioners, the vulnerable and low income households to pay their council tax.

The Government has indicated that pensioners will be protected from any benefit changes.

The consultation will be achieved through two surveys. One focuses on the support given to those who currently receive council tax benefit. The other looks at the level of discounts and exemptions that are currently given to some empty properties and second homes. Those taking part in the consultation are encouraged to complete both surveys.

The surveys must be completed by 14 September, with the council making a decision on the final structure of the new system later this year. The surveys can be found at www.chichester.gov.uk/consultations or a hard copy can be requested by calling 01243 534623. Council staff are also be available to assist those who would like help completing the surveys.

Cllr Tony Dignum, Cabinet Member for Finance at Chichester District Council says: "We want to hear from local residents and homeowners, especially if they currently claim council tax benefit and are under the state retirement age. We want their views on which groups of people should be protected, or if they believe it is fairer to ask everyone to pay a little extra. We will use this information to help us make our final decisions."

You can find out more about the consultation and the various options at www.chichester.gov.uk/consultations, or by calling 01243 534623.

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"I'm not saying we can be complacent and I'm not saying we're there yet.

"But one of the things I think I do want to emphasise [is] the strength of determination throughout the diocese, with our officers and in terms of implementation, that mean that it is unsafe, unsafe for anyone to think that children can be abused here and that that would not come to light and be dealt with."

The report by Archbishop of Canterbury Dr Rowan Williams's office is believed to be the first of its kind in the Church of England for more than a century.

Lambeth Palace's interim report followed one by Baroness Butler-Sloss last May which found there had been "a lack of understanding of the seriousness of historic child abuse".

The Church of England appointed her to examine how senior clergy dealt with historical claims of abuse.

It looked at the cases of Roy Cotton and Colin Pritchard, who abused children in the 1970s and 1980s.

This year three former Church of England priests in the diocese have been charged with sexual offences against children.

Local company invited to join Chris Evans at Carfest South - and now North!

AS SOON as Chris Evans announced he was looking for 100 of Britain's best small artisan food producers to exhibit in his 'Best of Britain Pavilion' at Carfest, Le Salon Du Chocolat were applying.

Having completed form after form and getting through the thousands of applications, Le Salon Du Chocolat were chosen to be at Carfest, the brainchild event of Chris Evans' a food, music and car event for the whole family held near Basingstoke.

With over 35,000 people attending, Le Salon Du Chocolat had a fantastic weekend letting people sample and buy their chocolate that is hand moulded in their studio in Chichester.

In fact, it was so good, they were invited to go next weekend to his event at Carfest North!

Chris joined Dawn and Amy Shreves on their stand for a picture and presented him with a bagful of their very own chocolates which included a chocolate number plate reading 'C4R FE5T'!

Chris Evans tweeted that evening, sitting in bed with Tash (wife) enjoying chocolates from the weekend!

You can visit Dawn and Amy Shreves Le Salon Du Chocolat at www.lesalonduchocolat.co.uk

GUILT LINGERIE'S
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Totally artificial "friends", meaningless "events"

Tommy Boyd

AN END TO SUPERMARKET PARKING NIGHTMARES

From time to time I have very good ideas. Here's the latest: valet parking at supermarkets. You drive up to the front door and hop out. An ok takes your car keys, gives you a chit and drives off to park your car for you. When you get to the checkout you hand in your chit and your car is waiting at the door. Brilliant.

TEDIOUS PEOPLE

I hate it when people ask "How the devil are you?" and say when they give you something trivial "Don't say I never give you anything"...

FACEBOOK

Facebook is rubbish. Isn't it? Just because people spend all day and night on it doesn't mean it's great - just the opposite actually. Bullying, moronic chat totally artificial "friends" meaningless "events".

The most tragic Facebook activity is when big businesses and their expensive TV commercials by begging us to go to their Facebook page. How lonely can a multi-national get? Are Mr Proctor and Mr Gamble sitting in their bedsits swapping chitchat with new "friends" about paracetamol and bog cleaning liquids?

DOGS, CATS AND RABBITS

"Dog Missing" posters on every other tree round our way. Even had a well-meaning lady on a bicycle call round our house twice to make sure everyone is looking out for the poor little mutt. It wasn't her dog, she just cared. Told me at my door she's more of a cat and rabbit person, actually.

CHILDREN

Save The Children have announced that for the first time they are raising money to help impoverished British children. This is momentous when you think about it. Mind, it'll cheer up the small minded who decry giving money to foreign children, saying "charity begins at home". I usually find these are people who do nothing for any charities. I even dare say many of them have children who need and will get help, so it's good news all round for them.

20'S PLENTY

Sarah Sharp of the 20's Plenty campaign emailed to confirm they think the speed limit will apply to cyclists.

DEAD AND BURIED TWICE

Last week I mentioned that I sing with gusto at funerals, because unlike weddings, nobody can back out of being dead, and get buried a second time. Tina Kinzett emailed to tell me that her friend's father-in-law did just that, having been accidentally buried in the wrong grave. Some were tempted, she said, to let him stay in the wrong grave. But even though he'd been a miserable (expletive) he deserved his own grave. They got a free re-burial and presumably had a second knees up.

JOKE

A man who'd emigrated couldn't get home at his father's death so he asked his brother to get something for the funeral and send him the bill. The brother sent him a bill for £200 which he paid. A month later he got another bill for £200 and he paid it. Next month another bill arrived, so he wrote to his brother asking what it was for. "Well" came the reply. "You asked me to do something for dad, so I rented him a tuxedo".

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@TheatreontheFly
"Sad to see the Theatre coming down but SO happy that the wood is being used by the fantastic charity @AldingbourneT!"

@SergeantGlenton
"Sometimes I wish I could say more! A v productive morning where it feels we r starting 2make a real difference"

@ThatAdamGarcia
"And so the run of Kiss Me Kate in Chichester comes to an end.. I'm so glad I get to play Bill again in London. I love this show. Thanks Chi"

@Dan_wbu
"Still don't get how Tulisa was voted sexiest woman in the world? Could find sexier people in Chichester"

@RupyS
"Just walked past a shop called One Legged Jockey in #Chichester and there was a man with one leg going past it. Random"

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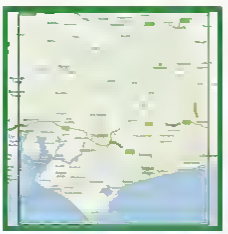

Contact us

Information:
info@chichesterherald.co.uk

Managing Editor:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub-Editor:
Megan Hedges *(Sub Editor)*
megan.hedges@chichesterherald.co.uk

News, sport & entertainment:
news@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk

Accounts:
Mark Ansell *(Finance Director)*
accounts@chichesterherald.co.uk

Photographer: Ginny Manning
photo@chichesterherald.co.uk

Telephone:
01243 200999

Head office:
Suite 904, 26 The Hornet, Chichester, West Sussex, PO19 7BB

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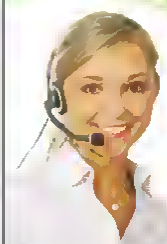

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* **Source:** Further education national league tables 2011 published March 2012.

Intruders target garden centre

TWO INTRUDERS were arrested at a West Sussex garden centre in the early hours of Thursday morning last week.

At 1.05am on Thursday 30 August, police were called to Aylings Garden Centre on the A272 at Trotton near Midhurst, after the burglar alarm had activated. Officers had arrived within ten minutes and located three men intruding in the mower shop. They arrested one man after a struggle although nobody was hurt, and the second man was also arrested at the scene. A third man ran away and has not yet been found.

Nothing is believed to have been stolen.

Frank Johnson, 37, of March Lane, Easthampnett, West Sussex, and Paul Oldrieve, 35, of no fixed address, have been charged with burglary and are due to appear on bail at Chichester Magistrates Court on 19 September.

Chichester man assaulted

POLICE are appealing for witnesses after a man suffered a fractured skull after being assaulted in Brighton.

The 26-year-old victim from Chichester was attacked in Grove Hill on Sunday 2 September as he walked with a group of friends at 2.45am. They were approached by another group and some sort of argument broke out before the victim was hit over the head by a weapon believed to be a bottle. He sustained a fractured skull and is still under observation at the Royal Sussex County Hospital, Brighton.

The suspect is described as a mixed race man, aged in his late 20s, 6' 6", of stocky build with dark, braided, shoulder length hair. He was wearing dark clothing and was in company with two mixed race women.

Anyone who witnessed the incident is asked to call Sussex Police on 101 quoting serial 0285 of 2/9. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

Sixteen puppies stolen

POLICE are investigating a burglary near Pulborough in which valuable puppies were stolen.

Sometime between late Wednesday evening 29 August and the following morning at 8am, a wooden garage on a property at a farm just off the A283 at Wiggonholt, near Pulborough, was entered, and 16 puppies were stolen.

They are three Cocker Spaniels, one Shihtzu, three Jack Russells, three Cavalsons and six Lhasa Apsos, all aged about eight weeks and valued together at more than £6000.

Seven younger puppies were not taken.

PC Matt Holbrook said: "Anyone who was in the Wiggonholt area that night and who saw anything suspicious, or who becomes aware of puppies like this being offered for sale, is asked to contact us via 101 quoting serial 0281 of 30/8. You can also call the independent charity Crimestoppers anonymously on 0800 555 111."

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Over 4,500 flock to the 18 day 21st Chichester International Film Festival

THE CHICHESTER International Film Festival bucked the lowering festival attendance trend with 4,500 coming from many parts of the South East to celebrate a wide range of films

The festival ended its 18 day run with Hope Springs, the Gala Special Preview film starring Meryl Streep and Tommy Lee Jones, the festival screening 93 films including over 40 premieres and previews of new films rubbing shoulders with classics from the Silent Era to retrospectives and tributes from all periods

The 4,500-strong audiences were invited to vote for premieres and previews the Audience Award going to 'Untouchable', the Surprise Film from France, Little Nicholas, also French, gaining Second Place The UK Premiere, 'Now Is Good', starring Dakota Fanning, and filmed in Brighton and the Witterings, took a highly-regarded Third Two Iranian films, About Elly and Circumstance joined the top two ranks as did David Hare's Page Eight and Hope Springs

The Documentary Award was scooped up by local film-maker Silvie Colliers 'To Dance Like a Man' Over 100 people attended one of the highlights of the festival, a rare screening of Lee Chaney's 1925 classic horror film 'Phantom of the Opera' with live organ music composed and played by Ben Hall, Head of Music at the University of Chichester with special guest soprano Elizabeth Paw

Twenty visiting film makers and speakers

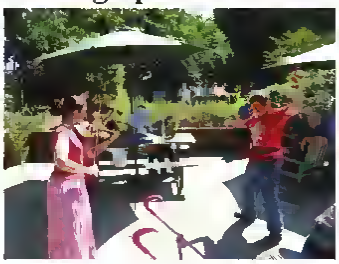
included Derek Jacobi, Sarah Miles and Virginia McKenna as well as Pete Czernin, 'Now Is Good' producer and Michael Cowan ('Belle du Seigneur' producer)

Roger Gibson, the festival's artistic director, said to a capacity audience at the final film that, despite "a possibly difficult year due to the Olympics and other factors, we ended up with far better than expected audiences, 500 coming to the Open Air Screenings, 'Brave' and 'Guys and Dolls' too "

He thanked principal sponsors, Hewlett Corporate, Chichester University, Bressenne Blanc and Creative England for their support and the wonderful projectionists and cinema team led by Walter Francisco

Premieres and previews returning in the Autumn Season's new programme include 'The Imposter', '360' (Jude Law, Rachel Weisz), 'Berberian Sound Studio', 'Hope Springs', 'About Elly' and 'Untouchable', the Audience Award winner

Striking up a tune at the Country Centre



Tutor Boris Kon conducting The Fiddlesticks

invited to conduct the violinists Adults with learning disabilities who attend the centre, along with children were particularly enthusiastic about conducting and some showed a real flare for it The concert ended with a well-known song, 'Over the Rainbow', which had everyone singing and swaying.

Aldingbourne Support Worker, Nikki Burton was delighted with the concert She said "It was so lovely to see the clients all enjoying themselves and joining in singing & dancing."

CLIENTS and visitors at the Aldingbourne Country Centre enjoyed a musical afternoon of classical waltzes, sing-along songs and marching tunes as part of the Chichester Festivities Outreach Programme

The Fiddlesticks – violin playing duo Kokila Gillett and Anya Birchall, entertained their audiences with classical pieces from Bach, Schubert and Mozart in the summer sun and had everyone dancing to the calming, harmonious 'Blue Danube' waltz, 'Ave Maria' and 'Edelweiss'

Things were jazzed up a bit with the more upbeat 'Umpapa' from 'Oliver!' Everyone was encouraged to dance as though they were in a pub holding a beer as per the musical, which made the café area very lively The concert was also interactive – the audience were encouraged to shake rattles creating quite a cacophony of noise, and they were also

Client Teresa Miles was particularly interested in the musicians singing technique, and was very impressed that the duo reached such high notes it was like listening to a choir

'The Fiddlesticks' are London based and regularly play at charities, hospices and old people's homes Kokila and Anya believe it is important to engage and involve the audience in their concerts, this was a key aspect for Aldingbourne's clients, who in particular benefitted from the aspect of the concert

The musicians greatly enjoyed their experience and were impressed by the size of the audiences which they noted was bigger than the one during their 2011 visit. Aldingbourne Trust greatly appreciates Fiddlesticks coming to the Country Centre and thanks them for an excellent concert.

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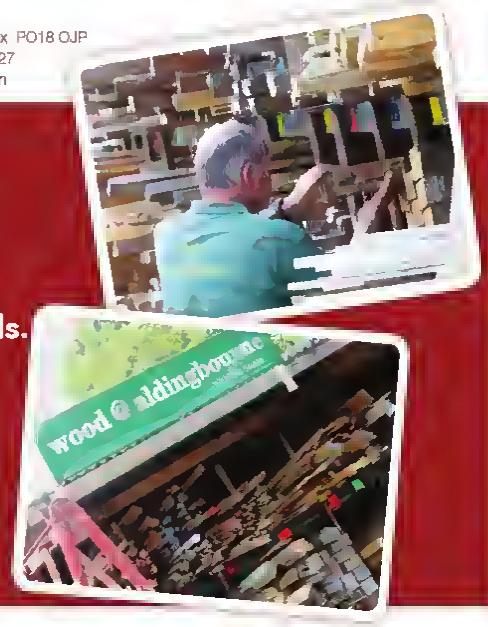

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Local girl inspires all

AS THE LONDON 2012 PARALYMPICS get underway, a local girl is proving to be an inspiration to all at Westgate Leisure Chichester.

Lucie Goodman, 11, who is blind, was recently recognised with an award for her courage and determination learning to swim. The youngster, from North Mundham, attends weekly swimming classes at the centre.

Lucie commented: "Sometimes I find swimming hard but I like using the floats and diving in. My favourite stroke is the back stroke. I really like coming to Westgate and the teachers are nice."

Westgate swimming teacher, Jane Askham, says: "Lucie has achieved a good standard of swimming over the last year and has always been a pleasure to teach in lessons."

Lucie was named Achiever of the Year at this year's Southern Water Learn to Swim awards. She was nominated by the Westgate staff and was presented with the award by former Olympic gold medallist Duncan Goodhew. The awards are given to children who have displayed one or more of the seven Olympic values in order to overcome particular difficulties or for exceptional performance.

Lucie's mum, Lisa, stated: "Swimming is an essential life skill as well as being good exercise. It has given Lucie independence and it means she can now come here swimming with her friends."

Winner of the Achiever of the Year award Lucie Goodman

The centre has recently increased the size of the dry side disabled changing facilities and refitted it with the latest equipment. It means more opportunities for disabled people and their families to attend existing and tailored activities. A new Branching Out Saturday Club with activities for children with disabilities and their families has also been launched. The club, held every Saturday from 4pm to 6pm, includes a selection of activities from trampolining, football or table tennis to fencing and taekwondo. There is also mixed arts and music.

Meanwhile, this year's Get Active Festival includes a disability sports zone which will give both disabled and able bodied visitors the chance to try Paralympic sports. Lucie will be performing at the festival with the Dragonfly dance group.

Councillor Eileen Lintill, Cabinet Member for Leisure and Wellbeing at Chichester District Council, commented: "Well done to Lucie on her swimming award. The aim of Westgate Leisure Chichester is to be accessible and welcoming to everyone. The recent improvements and launch of Branching Out Saturday Club will help to make a difference to the people who attend and their families. I hope it will encourage more people to come along and find out what the centre has to offer."

For more information about Westgate Leisure Chichester see www.westgateleisure.co.uk or call the centre on 01243 785651.

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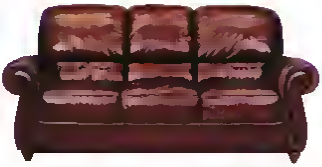

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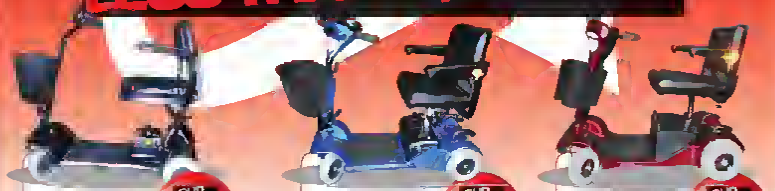

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CASE STUDY: Marcella Metta, D&ME

Marcella Metta is owner of the award winning boutique D&Me, one of London's top independent fashion retailers, and knows just how to make her designer vintagewear boutique truly stand out from the crowd.

With funding from Business Cash Advance she is rapidly building an inspirational business bursting with labels such as Alaia, Hermes, YSL, and Chanel sitting alongside her own One Vintage designs.

The One Vintage label offers exquisite one-off garments re-worked from vintage dresses, fabrics and trims, designed and crafted at their South Kensington townhouse.

D&Me has become a true trend-setter and recently won the 'Best for Women's Fashion' category in the Telegraph magazine's Best Small Shops in Britain Awards 2012.

The businesses growth has been funded with support from Business Cash Advance. Explained Marcella: "The suggestion actually came FROM a bank, at a time when banks were cutting back on their support. We wanted to expand – particularly the range of labels – and this was the perfect alternative source of finance."

"As the company has developed and expanded, we've been able to use the Business Cash Advance to build up our internet presence, via a new website, and also increase our stock purchasing power," said Marcella.

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Help the children

EVER THOUGHT about becoming a foster parent? Find out more about fostering and how you can become a foster carer at a drop in session in Selsey this month.

West Sussex County Council is holding a year-long recruitment campaign of monthly drop-in sessions for prospective foster carers. The next session is on Tuesday September 18, from 10am to 4pm, at Selsey Library, School Lane, Selsey, PO20 9ER.

The informal drop in sessions give people a chance to talk to members of the fostering team and ask any questions they have.

Steve and Sharon are from the Selsey area and have been fostering for eight years.

Sharon said: "It was an intense process to become an approved foster carer which took about 11 months, but you understand why all the processes have to be gone through and it's all worthwhile.

"We are Parent and Baby foster carers. Our role is mostly to be alongside the parent and ensure their parenting is satisfactory. We are there to give advice and support.

"We get a lot of support from the County Council, and are always able to pick up the phone and call someone if we have a question or problem. Being a foster carer is very rewarding... you feel like you're making a contribution to society, we thoroughly enjoy it."

Cabinet Member for Children and Families Peter Evans said: "Foster carers like Steve and Sharon provide security and stability to children when they need it most, allowing them a chance to develop and flourish in a safe, secure environment. Every child who has to come into care has their own emotional needs, history and personal circumstances. The County Council strives to match foster carers with their own unique skills and experiences to them.

"We are currently looking for more foster carers in the Selsey area to come forward. Children thrive on familiarity, so our approach means children and young people who need care stay close to their school, friends, people and places they know."

Foster carers receive a comprehensive support package from the Council, including on-going training and financial allowances to meet the needs of the children and young people in their care.

Drop-in sessions are being held throughout the county, and more details on future events can be found at www.westsussex.gov.uk/fostering or by calling 01403 229333.

Chichester library to host top crime authors

BUDDING crime writers are being offered the chance to get up close with some of the genre's leading authors at Chichester Library next week.

It is part of a one-off talk with novelists from the national Mystery People group which was set up in March this year to promote crime fiction.

The event, on Tuesday September 11, will see a number of leading authors speak about their books and offer advice on getting published.

It will be fronted by Jono Moules, who has written more than 20 books, and Portsmouth-based Eileen Robertson, who recently released her second novel Blackmail For Beginners.

They will be joined by gay writer of romantic fiction, Charlie Cochrane, historical author, Nicole Slade, as well as Women's Weekly magazine columnist Carol Westron.

Lead Cabinet Member for Learning and Skills, Lucy Barnard, West Sussex County Council Deputy Leader who oversees the Library Service, said: "As an avid crime reader myself I can recommend this to anyone interested in crime fiction books.

"Budding authors take note – this is an excellent opportunity to get some sound advice from the experts on getting published for the first time."

Tickets for the evening event, which starts at 7.30pm, cost £3 each and available from the library.

To find out more contact the branch on 01243 777 351 or visit Tower Street, Chichester, PO19 1QJ.

Alternatively go to the West Sussex Library Service's website at www.westsussex.gov.uk/libraries.

Hospice takes step back in time to help provide care for the future

SHOPPERS looking to bag some retro bargains helped raise more than £7,200 for St Wilfrid's Hospice at its first ever A Vintage Affair event on Friday, 31st August.

People were queuing before the doors of the Assembly Rooms opened, while some visitors travelled from as far as Brighton to browse the rails.

The event was organised by the Hospice's retail department, which runs 11 shops, to help celebrate the charity's 25th Anniversary and raise much-needed funds so it can continue providing specialist palliative care to people across the community.

Items for sale were arranged by decade and as well as high quality clothing, there was furniture and homeware, children's games and toys and other collectables.

During the day Down a Vintage Dell and the Hospice's own Ukulele band provided a suitable soundtrack for shoppers, while refreshments were available in a traditional tearoom.

Trading Manager Siobhan Robinson said it was a huge team effort and said everyone involved was thrilled with its success while Felpham shop manager Sue Painter described the event as "phenomenal".

Manager of Chichester's South Street shop Leon Stanton said: "Staff and customers alike had a brilliant time and one customer even bought the suit that I was wearing on the day!"

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Worth the Weight?

Mia Edwards

SOME PEOPLE think they're overweight when they're not. That's sad, watching people being insecure about something that doesn't even affect them is pretty upsetting. We've all been there though, people who say they're fat so that they'll get a chorus of 'No, you're stunning, I can't believe you'd even think that, you're one of the prettiest people I know' muhmuhmuh, are just sickening, but there have been times in my life when I've worried about it. I refuse to say I'm overweight because I'm not, and I want nothing to do with these attention seeking creeps who verbally undermine themselves for the compliments. But it started when I was about ten, and one of my closest friends who is the same age as me was suddenly fretting about it, despite being a slim beast. She was someone I looked up to, so for the first time ever it struck me as something that might actually matter. I knew I didn't need to worry, but I did anyway.

That was just a phase of course. But I think we can all admit to occasionally eating five doughnuts and then wondering if it was perhaps four too many. I think people are more impressionable when they're younger – they're still finding out who they are. They experiment with different identities for a while, it's natural. But stuff like music videos change us, the amount of times that I've seen Rihanna's half naked body parading through some kind of jungle landscape is beyond count. It's ridiculous. It's like it's more an excuse for her to strip down than showcase her 'talent.' Went there.

I know that entire buzz about the country getting more obese, but really, for us it's about being a bit self-indulgent, if it doesn't affect you, then don't bring yourself down about it, and don't make too many changes to your life for its cause. Personally, I think diets are overrated, mainly because they are boring and un-yummy. I couldn't LIVE without chocolate. It keeps me sane. And cheese (Cheesy crumpets. Do it.)

Obviously, don't go overboard. I mean, I'm pro for a piggage out wash once in a while, but dude, some of the stuff in school lunches is shocking. WHOLE PACKETS of Oreos and four packets of crisps. I kid you not, that is for real. Some people do that. Make sure that isn't you. Just saying.

Club looking for crafty people

be making

MAXIMUM CRAFT CLUB are holding a special card making class in aid of St Wilfrid's Hospice later this month.

For a class fee of £25, each participant will receive a 6 piece rubber stamp set called Fresh Vintage which is theirs to keep plus cardstock, embellishments and full printed instructions to make 4 cards using this set. All profits from the class – including a refill – will be donated to St Wilfrid's Hospice.

In addition, all home workshops held this month will include a donation of profits to St Wilfrid's Hospice.

Organiser, Maxine Payne, added: "I am doing this one for charity and really need some more people to take part in this workshop."

The card making workshop will be held at the Selsey Centre, Manor Road, Selsey on Saturday 22nd September from 1.30pm to 4.30pm.

To book your place at the event or to arrange a home workshop please contact Maxine Payne on 01243 605090 or email at maxine.payne@hbotenet.com

Find me a home

Choose a cat for your lifestyle

Cat and Rabbit Rescue Centre

GOOD NEWS is that Pip – the cat pictured in the headline photo in the second week of our Find Me A Home – has been rehomed after waiting 17 months. Also, the two white and grey rabbits that were in the paper last week, and had been in rescue since December, were rehomed on Monday. Fantastic news!

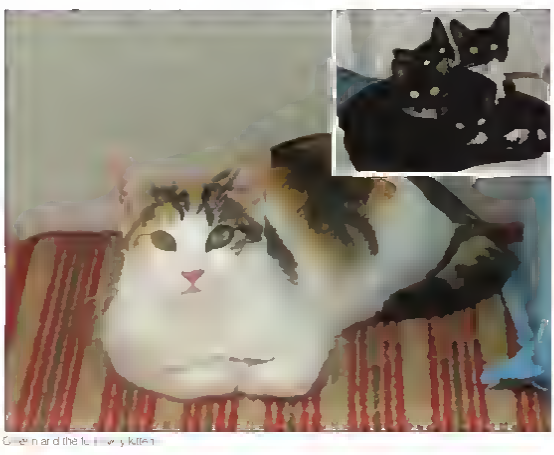
A CAT over 2 years settles into a routine, sleeps more and adapts to the comings and goings in a busy household. An older kitten (6-12 months) or 1 year old cat, with the diversion of their play and moderate demands, can offer revitalisation following loss or lifestyle change. The high time demands of a cute young kitten can bring household chaos.

Cats looking for a home:

- Pretty little Colleen is a 1 year old white female with torty colours.
- Chester and Terence arrived 7 months ago due to their owner's illness. They are friendly 1 year old black and white males. Can be rehomed together or separately.
- Darlene is a friendly 9 month old black female older kitten who wants attention and the chance to be played with.
- Two friendly older kittens, a tabby male and a tubby female (KM46-12, KF47-12) are 6 months old, neutered and were used to children before coming into rescue in May.
- Four lively, friendly 5 month old black and white kittens who love to play and came into rescue due to a bereavement. KM40-12 and KM42-12 are black and white males. KF41-12 and KF43-12 are black and white females. Can be rehomed as pairs or separately.
- Jodie is a 2 year old gentle, very affectionate black female cat.
- KF06-12 and KM07-12 are attractive 8 month old brother and sister. Both long-haired. The female is torty and white and the male is black and white.

The usual Cat and Rabbit Rescue Adoption Terms and Conditions apply.

Cats will have been vaccinated against flu and enteritis, neutered, and microchipped. Free vet insurance for 4 weeks is provided. The Rescue asks for a maximum donation of £45 for each cat. Visits to Cat and Rabbit Rescue Centre are strictly by appointment,



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- Treated
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- Framed & Braced ... ● Lock & Key
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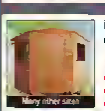
- Free local delivery ● Erection £80



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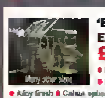

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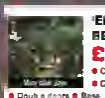

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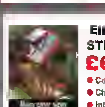

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Going Green at the Country Centre

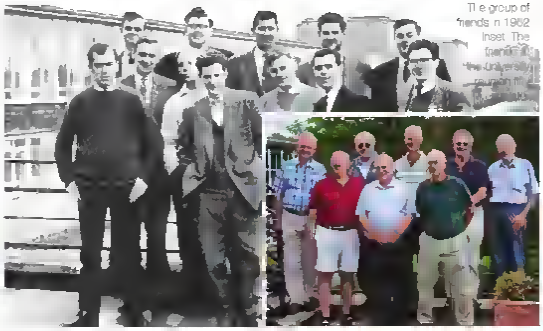
THE ALDINGBOURNE Country Centre held some green themed events recently as part of the charity's summer holiday activities. Children attended sessions to learn how to build Bug Houses and take part in Junk Modelling - turning 'junk' into art.

Youngsters were thrilled to build their own Bug Houses – creating creepy crawly friendly homes to put in their gardens. The Bug Houses were made out of 100% natural materials – straw, grass, twigs, bamboo canes and dried teasels, the children gathered all these ingredients and put them in an environmentally friendly cardboard tube. The finished product was then ready to be hung from a tree using string looped through the tube. The young home builders were more than happy to be hands on with nature and got stuck in. They especially like the dried teasels which resemble little hedgehogs. The finished bug houses were proudly taken home in great anticipation of providing shelter to a variety of insects.

Children also learnt how to recycle in a creative way in Junk Modelling, and turned rubbish into works of art. Amongst the mayhem of cardboard, glitter, glue, paint, and plastic emerged some impressive models. One mum of a messy child, Mrs Davies said: "He's covered in paint, and so am I! But he is having a great time. This is a wonderful place for families to visit."

The Aldingbourne Country Centre is part of the Aldingbourne Trust, a local charity that supports people with learning disabilities, enabling them to have the same opportunities as everyone else to live independently and develop skills to gain employment. The charity supports the green and recycling ethos, and this is reflected in the Wood Recycling, Vintage and Organics enterprises at the Country Centre. The Acorn at Pulborough also grows organic vegetables, fruit and plants which are sold in the shop or used in the cafe. The Aldingbourne Trust enterprises are open to the public, for more details visit the website: www.aldingbournetrust.co.uk.

University reunites friends



A GROUP OF FRIENDS who all graduated from the University of Hertfordshire's technical college in 1962, have travelled from across the world to meet each other once again after fifty years.

The men reunited as a group for the first time at the College Lane Campus in Hatfield, England since studying mechanical productions at the former Hatfield Technical College, which is now the University of Hertfordshire, including Mike Majerus from Chichester.

As well as having a tour of the University's engineering and technology facilities, the group recreated a photograph taken in 1962, which sparked many memories and conversations about how the University has developed.

Mike commented: "I have been friends from Australia in fifty years, to be able to meet after all this time has been fantastic.

The University is totally different to how it was – it has changed beyond recognition!"

The visit forms part of the University's Diamond Jubilee year celebrations and on 8 September 2012 it will be welcoming back groups of alumni, including many of the group above, who graduated from its predecessor institutions to honour the contribution they have made to the University.

The University will award these alumni with the title of Associate of the University at the special Diamond Jubilee Ceremony.

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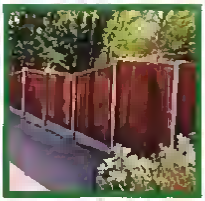

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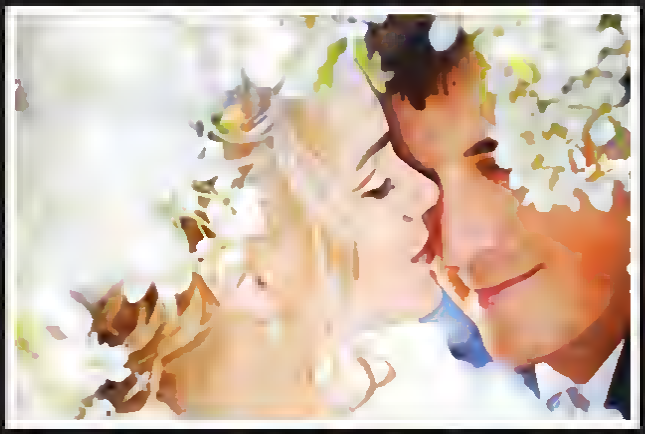

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Chichester Business

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Goodwood supports British Historic Vehicle Clubs

AS THE FINISHING touches are being put to the preparations for this year's Goodwood Revival (14-16 September), Goodwood is delighted to announce that the Goodwood Road Racing Club (GRRC) has joined the Federation of British Historic Vehicle Clubs (FBHVC)

The FBHVC is a grouping of almost 500 vehicle clubs and museums, plus around 1,500 trade and individual supporters. It aims to uphold the freedom to use old vehicles on the roads without any undue restrictions, as well as supporting its member organisations in whatever way it can.

The Goodwood Revival annually attracts over 135,000 visitors, many using old vehicles to drive to the event and proudly display them in the pre-1966 Revival Car Show parking area. The Revival is also supported on site by a sizeable fleet of pre-1966 vehicles delivering essential supplies for catering, fuel, retail goods, competitor back-up, and so on, in addition to the 300+ vehicles racing or parading on the Goodwood track each day.

Handing over the cheque to FBHVC Vice President Geoff Smith, GRRC Secretary James MacNaughton said: "At Goodwood we recognise that a significant part of the attraction of the annual Revival Meeting is the fascinating display of cars of all ages that can be seen in the

car parks. It is thus hugely important for the continued success of our event that nothing is done to deter enthusiasts from driving their families and friends to Goodwood and other venues in their treasured historic vehicles. We support the FBHVC in its work to ensure that there are no restrictions on the use of such vehicles in the UK."

Simultaneously it was announced that in conjunction with the University of Brighton, the FBHVC will be carrying out an independent research programme for Goodwood to determine the economic benefit that the annual Revival meeting brings to the local area. The Revival is widely considered to be one of the best known and most prestigious events in the international historic vehicle calendar and continually attracts over 130,000 supporters from both the UK and overseas to Goodwood each September.

City College's plumbing skills honoured with award

PLUMBING tutors from City College Brighton and Hove have had their skills in the fine art of sheet lead cast lead work recognised recently by the Worshipful Company of Plumbers. The Lead Sheet Association Cup was awarded in recognition of the practical contribution that Jenni Wood, John Kempshall and Jimmy James have made over the years through offering practical demonstrations of their skills at the Plumbing Museum located at the Weald and Downland Open Air Museum, Singleton, near Chichester.

The museum was founded and is maintained by the Worshipful Company which hosts demonstrations of the art and craft of plumbing for the enjoyment and education of visitors.

"The Plumbing Museum does an amazing job in raising awareness of the history, heritage and craft of plumbing so we've been happy to be involved in the excellent work it does and are really honoured to receive this award," said Jenni.

"Our plumbing tutors are highly regarded for their dedication in passing on their skills to the new generation of plumbers so it's great to see their knowledge and expertise being recognised with this trophy," added Lynn Thackway, Principal of City College.

For more information on Plumbing courses at City College, call course information on 01273 667759, email info@ccb.ac.uk or see www.ccb.ac.uk

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Chichester Business

TV star visits West Dean

A POPULAR TV star has visited West Dean as part of a new television series

My Tasty Travels with Lynda Bellingham started on Monday 3 September at 4pm on ITV with the much anticipated West Dean showing, the fourth episode, being featured yesterday (6 Sept)

The new 20 x 60 series sees Lynda Bellingham take to the road in her vintage campervan "Bettie Burg" on a quest to seek out Britain's best summer eats and visit the people and places that make this country so special.

In July, Lynda Bellingham and "Bettieburg" pitched up on the Front Lawn at West Dean Gardens. Tasked with a food challenge from Rosemary Moon, Lynda's culinary skills were put to the test as she rustled up a sublime dish.

Meanwhile on the other side of the Gardens, the food, drink and music celebration MedFest- a Taste of Mediterranean was in full swing. Rosemary Moon, West Dean's resident event cook and food course programmer, was eager to see whether Lynda had risen to the challenge she had set. Lynda didn't disappoint as she proudly presented her creation to the crowd.

"Lynda was really good to work with and very keen to come up with something that did taste good. I was working with herbs all weekend – but that's as much as I will say about the Culinary Challenge. My own challenge was accommodating a TV crew whilst trying to keep my schedule to time. Still, my audiences were very willing to linger to sample Lynda's creation. Tune in on Thursday to see the results!" says Rosemary Moon.

Garden Supervisor Sarah Wain is featured showing off West Dean's extensive Walled Kitchen Gardens and Victorian Glasshouses full to the brim with specialist food and flowers.

Rosemary Moon will be hosting a series of Food Demos at West Dean's forthcoming garden event Apple Affair on 29 and 30 September, a celebration of the over 150 varieties of apples grown at West Dean. Over the weekend you'll have the chance to learn more about how to incorporate apples and autumn crops into your cooking. Sarah Wain will be running a series of guided walks and talks through the orchards, and the apple doctors will be on hand to help you identify your crops and give growing tips. Plenty of fun and games for children ensure Apple-y fun for all the family. West Dean

Rosemary Moon (left) and Lynda Bellingham (right)

House, around which the Gardens stand, will be open over the weekend giving you the opportunity to have a look at the specially dressed State Rooms and accompanying exhibition featuring new works of surrealist art.

Gift aid admission to the Apple Affair is £11.50 for adults plus concessions and £1 for a child. Take advantage of the 15% off early bird offer by purchasing your tickets before the 17 September. The event is open between 10.30am and 5pm (last entry for the house is 4.30pm.) Please note, no dogs are allowed in the event or grounds during the Apple Affair, except assistance dogs. Access to restaurant and shop to event ticket holders only.

» ***Chichester Herald*** is a free weekly newspaper available for self-selected pick up across the city of Chichester in a wide variety of locations with a weekly readership of up to 75,000

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cineworld

The Possession (15)

★★★☆☆
Three out of Five stars

Running time: 92 mins
Director: Ole Bornedal
Starring: Natasha Calis, Jeffrey Dean Morgan, Kyra Sedgwick, Madison Davenport, Matisyahu, Grant Show

Engaging possession horror with strong performances, some genuinely creepy moments and an intriguing twist on the usual genre staples, though the script occasionally stumbles into unintentionally laughable territory.

What's it all about?
Directed by Ole Bornedal, The Possession stars Jeffrey Dean Morgan as Clyde, who is getting over his recent divorce from Stephanie (Kyra Sedgwick) and trying his best to be a weekend father to his two young daughters, Hannah (Madison Davenport) and Em (Natasha Calis). However, when Em opens a mysterious wooden box that she bought at a yard sale, she soon begins behaving strangely and Clyde comes to believe that she's been possessed by an evil spirit known as a dybbuk.

The Good
Jeffrey Dean Morgan delivers a likeable performance as Clyde, generating strong chemistry with both Sedgwick and his two young co-stars. Natasha Calis is equally good as Em and her transformation from adorable, lively moppet to withdrawn, creepy weirdo is as unsettling as it is well handled; she also gets some genuinely chilling moments, such as slipping into the demon's voice ("She's still hungry") while in a diner or freaking out when she's separated from the box.

The effects work is excellent (particularly if you are scared of moths) and the script makes the most of its central premise, substituting Judaism for Catholicism to intriguing effect, not least because that allows the time-honoured exorcism sequences to be performed by a Hassidic Rebbi (singer Matisyahu). It also has fun with some of the other expected scenes, such as the college professor (Joy Erazeau) who examines the box and translates its mysterious inscriptions – rather than play it po-faced and serious, the script allows Erazeau to make jokes and chuckle a lot.

The bad
The main problem with the film is that the dialogue occasionally stumbles into unintentionally laughable territory, most notably when Em urgently tells her father, "Where is my box, daddy? I don't want you touching it. No-one else can play with my box". Similarly, for all the moments that the film handles well, there is still the occasional misstep, such as a cheesy montage that shows Clyde rapidly boning up on dybbuks via Wikipedia. It's also guilty of not adequately explaining away the fact that no-one realises something is seriously wrong until it's too late.

Worth seeing?
The Possession is an enjoyable, well made possession chiller with strong performances, decent effects and some genuinely creepy moments. Worth seeing.

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THE POSSESSION COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question

Q. NAME THE ACTRESS WHO PLAYS 'EM' IN THE POSSESSION

A) NATASHA CALIS

B) DAKOTA FANNING

C) MADISON DAVENPORT

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 11th September at midday. The winner will be notified later on that day.

- Last weeks winner is John Etheridge from Portsmouth

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL - 0871 200 2000

Celebrate your heritage for free at the Guildhall this weekend

A SERIES of free activities for all the family will be held at the Guildhall in Priory Park, Chichester, this Saturday (8 September).

Staff from The Novium will be opening the doors to the Guildhall from 10am to 4pm allowing visitors the chance to see inside the beautiful building where so much history has taken place.

It will be a fun filled, jam packed day of activity featuring dressing up for children and adults, photo opportunities inside and outside the building, a mini archaeological excavation dig, and, a chance to recreate the city gates and decorate them in 21st century style!

Guides will be on hand throughout the day to answer all your questions alongside exhibition panels that highlight the history and conservation of the building.

The Guildhall is one of the city's best historical treasures, dating from the 13th century when it was a Franciscan Friary. It became the Guildhall in 1541 after the king sold it to the citizens of Chichester. While architecturally it is an important monument to history, it is the events that took place inside the building that make it so extraordinary. The trial of seven smugglers from the Hawkshurst Gang in 1748 has etched itself into local legend and the infamous trial of the artist William Blake deeply impacted his life and works.

Also you will be able to find out about the Sussex Historic Churches Trust on the day at the Guildhall.

For more information on this event, please contact The Novium by calling 01243 775888, emailing thenovium@chichester.gov.uk or going to www.thenovium.org

• THE CHICHESTER Branch of the Embroiderers' Guild are holding their biennial embroidery exhibition during September. This exciting textile display will be in the Oxmarket Galleries (off East Street), Chichester, from 18th until 23rd of September, Tuesday to Saturday, 10am until 4.30pm & Sunday 10am to 3.30pm.

Members of the guild will be on hand at the exhibition to answer any questions about the exhibits and also willing to show their work in progress. Unique gifts & cards will be on sale. Admission to the exhibition is free and a warm welcome is guaranteed!

The Chichester Branch of the Embroiderers' Guild was founded 26 years ago & has an enthusiastic membership of over 120 Members come from the Chichester area, Midhurst, Bognor Regis, Surrey & Hampshire.

Planetarium Shows and Dates

September 2012

Friday 07	7.30pm	The Hunt for Earth like Planets
Sunday 09	3.30pm	The Northern Lights
Friday 21	7.30pm	The Northern Lights
Sunday 23	3.30pm	The Stars This Month
Friday 28	7.30pm	Voyage to the Outer Planets
Sunday 30	3.30pm	Shine on Harvest Moon

Tickets: Adults £6.00, Children £4.00. Tickets are available to callers at the Tourist Information Centre, South Street, Chichester. Alternatively, please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only, on the day. A map showing our location can be found at: www.southdowns.org.uk

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Fri 7 Sep: 13.30 Take this Waltz (15) 116m, 16.00 Samsara (PG) 102m, 18.30 The Impostor (15) 99m, 21.00 Shadow Dancer (15) 102m

Sat 8 Sep: 13.30 Samsara, 15.45 Kiss Me Kate (U) 109m, 18.30 Shadow Dancer, 20.45 Take this Waltz ,

Sun 9 Sep: 13.30 Absurd Person Singular (12A) 114m, 15.45 Shadow Dancer; 18.00 Take this Waltz, 20.30 Samsara

Mon 10 Sep: 13.30 Shadow Dancer, 15.45 Take this Waltz, 18.30 Samsara, 20.45 The Impostor, Tue 11 Sep, 13.30 Take this Waltz, 16.00 Shadow Dancer, 18.30 The Impostor, 20.45 Shadow Dancer

Wed 12 Sep: 12.30 Shadow Dancer, 14.30 The Impostor, 16.45 Take this Waltz

Thu 13 Sep: 13.30 The Impostor, 16.00 Shadow Dancer; 18.15 Take this Waltz, 20.45 Shadow Dancer

SATURDAY'S TV 8.09.12

CHOICE

Roger Allam

The Thick of It
BBC2, 9 45pm
The recent US series Veep left some comedy fans feeling slightly unsettled was the show s creator Armando Iannucci planning to permanently abandon Westminster for the White House? Luckily we needn't have worried as he s turn ng his attention back to British politics. It turns out that since we last saw him Peter Mannion MP (Roger Allam) has been made Secretary of State for The Department of Social Affairs and Citizenship (DoSAC) where he s constantly thwarted by his coalition partner Junior Minister Fergus Williams MP (Geoffrey Streatfeild).

BBC1

6 00 Breakfast. **9 00** The Saturday Kitchen Live. **11 30** Lorraine's Feel, Fresh and Easy Food (R) **12 00** BBC News Regional News Weather. **12 15** Football Focus. **1 00** World Class. **1 30** Homes Under the Hammer. **2 30** Bargain Hunt (R) **3 30** Cash in the Attic (R) **4 15** Escape to the Country (R) **5 00** BBC News, Regional News Weather. **5 20** Formula 1 Italian Grand Prix Qualifying Highlights.

6 35 All New Total Wipeout
Richard Hammond and Amanda Byram present as 28 more unlikely lads, including a trainee maths teacher a postman and an agency female cricket take on the obstacle course.

7 35 Doctor Who The Time Lord is asked to stop an unmanned spaceship hurtling towards Earth so he assembles a team of helpers But one might have they are amazed to find a live cargo of dinosaurs.

8 30 The National Lottery: Secret Fortune High tension mystic shows presented by Nick Knowles. Best Friends Tony and Jim attempt to win the top prize of £100 000.

9.10 Last Night of the Proms Jiří Bělohlávek takes to the podium to conduct the concluding part of this year's rousing Proms finale with audiences around the UK joining the live celebrations.

10 45 BBC News; Weather National Lottery Update.

11 00 Live at the Apollo Rich Hall hosts the stand-up show (R)

11 50 The Football League Show

12.20 Film Things to Do in Denver When You're Dead (1995) Crime thriller starring Andy Garcia. **2 10** Weathery ew **2 15** BBC News.

BBC2

6 00 Cbeebies. **7 00** CBBC. **12 00** The Sky at Night. (R) **12 30** Cbeebies. (R) **12 30 Film:** The Big Circus (1959) **2.15 Film:** A Man for All Seasons (1966) **4.15** Flog It! (R) **5.00** Wartime Farm. (R)

6 00 Celebrity Antiques Road Trip Daniel & Stacey stars Ali son Steadman and Larry Lamb travel through Sussex in search of bargains starting in Arundel and ending at an auction in East Grinstead.

7 00 Dad's Army A daring bid to rescue Walker and Godfrey from a stricken pumping station ends with him whalin platoon trapped and facing the prospect of drowning (R)

7.30 Last Night of the Proms. The finale to the Proms season live from the Royal Albert Hall, in which violinist Nicola Benedetti and tenor Joseph Calleja join the BBC Symphony Orchestra, under Jiří Bělohlávek Continues on BBC1

9.00 QI XL. Stephen Fry is jo ned by comedians John Bishop Frank Skinnor Sean Lock and regular panellist Alan Davies in an extended editon of the pro- with a difference. (R)

9 45 The Thick of It New series Peter Mann on takes charge of the Department of Social Affairs and Citizenship but is hindered by a new colleague Amaanda Invernes s sister starring Roger Allam

10.10 Film A Single Man (2009) Prem e re. Drama set in the 1960s starring Colin Firth

11 50 Film Rogue. (1996) Detective thriller starring Paul Newman

ITV1

6.00 CITV: Mini CITV. **7.25** CITV. **9.25** ITV News. **9.30** The Jeremy Kyle Show. **10.25** The Jeremy Kyle Show. **11.20** The Real Housewives of New York City. **12.15** The Real Housewives of New York City. **1.15** ITV News: Weather. **1.20** Flog It! Antiques Challenge – Minster Can be Hazardous to Your Health (1991) **3.20 Film** The Living Daylights (1987) (R) **5.5** Regional Programme Weather.

6 10 ITV News Weather

6.25 New Yan'ee Been Framed! A fresh selection of comical clips

6 00 Feel Britannia Hidden-camera pranks with Dom Joly

7 25 Red or Black? World-class knockers Mark Hamprakash and Kevin Pietersen clandevil m ercyclists and acrobats take part in challenges as eight contestants compete for places in the final four

8 10 The X Factor. Gary Barlow Nicole Scherzinger Tulisa and Louis Walsh continue their search for the next big thing in the mus c industry singles and groups set out to impress at the auditions

9 10 Rude or Black? Will Kenan Kesling

9 55 The Jonathan Ross Show Cheryl Cole chats to the host and performs in the stnd o and Andrew Lloyd Webber talks about his arena tour of Jesus Christ Superstar

10 55 ITV News; Weather

11.10 Film The World Is Not Enough (1999) Adventure starring Pierce Brosnan.

1 30 The Store. ITV News Headlines. **3 00** In File n Sight. (R) **3 40** ITV Nightscreen **5 35** ITV Morning News.

CHANNEL 4

6.00 Channel 4 Presents – Nathan Stephens "Warrior". (R) **6.05** Paralympic Games 2012 Tonight. (R) **7.00** Paralympic Games Breakfast Show **9.15** Paralympic Games 2012. Coverage of this morning's swimming and athletics **1 00** Paralympic Games 2012 Including 5-a-side football wheelchair rugby and swimming.

8 30 Channel 4 News

7 00 Paralympic Games 2012 Tonight. Clare Balding and Ade Adepitan introduce live coverage of the final evening of the London Games including athletics wheelchair basketball swimming and table tennis.

10.30 The Last Leg with Adam Hills The comedian presents an alternative review of the day's Paralympics action featuring on the key moments and talking points with guests from the sports and showbiz worlds

11 15 Film The Butterfly Effect. (2004) A college student discovers he can travel into his past and change events but his mental ng has unforeseen consequences Stephen Malinal thalling with Ashton Kutcher and Amy Smart

1 25 David Stone's Street Magic Roadside magic show (R) **2 10** Happy Endings Penny tries to overcome her traditional birthday bad luck. **2 30** This Is JOS. (R) **2.35** Hollyoaks Omnibus Thi Savages pick up the pieces after Dodgy's shock announcement Esther and Ruby dread their last day of college while Ifin Kanes could be forced to accept charity. (R) **4 45** Deal or No Deal (R) **5 40** Rak ng Made with Ease Lanterd (R) **5.52** The Tricola People (R)

CHANNEL 5

6.00 Milkshake! **10.00** Power Rangers Samurai. **10.35** Rubarion. The Brave and the Bold. **11 10** Animal Rescue Squad (R) **11.25** Celebrity Big Brother Final (R) **1.25 Film:** Copper Creek. (1948) **3.10 Film:** Back to the Secret Garden (1954) **5 10** Paige Jessa Stone Benefit of the Doubt (2012)

7 00 Cricket in 5 England v South Africa Mark Nicholas presents ask on from the opening Twenty20 match of the three-game series at the Emirates Durham International Cricket Ground

9 05 5 News Weekend

9 10 RCIS A lieutenant apparently commits suicide by jumping from an aircraft carrier and Ziva and McGee are dispatched to inform the widow but arrive to find that she has been murdered (R)

9 10 CSI: Miami. A woman is found dead on the beach and Horatio believes serial killer Jon Mann Tender is responsible – but the team's prime suspect seems to have an airtight alibi!

10 00 RCIS In the first of a two-part story the entire team is put in danger when Hunting for the killer of a former NCIS agent Part two to follow. (R)

11 00 RCIS Part two of two. Vance sticks to the rules as he investigates the death of a fellow agent but Gibbs and Franks take matters into their own hands Last to die

12 05 SuperCarbine. **4.00** Hrugnfloaters (R) **4 25** Divine Designs (R) **4 50** Comity Secrets (R) **5.00** Hana's Helpline. (R) **5 10** Thn Milkshake! Show (R) **5 35** Thomas & Friends (R) **5 45** Roary the Racing Car (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig **8.05** Roary the Racing Car (R) **8 15** Fin and Ilin Fewerets (R) **8 25** City of Friends (R) **8 40** Harry and Hin Bricket Pnll n D asaurs (R) **8 50** Cashi Pann (R) **9 05** Abbey Flying Fairy School. (R) **7 05** Anobato and Custard Tea (R) **7 15** Ben and Holly's Lttln Kingdom (R) **7 25** Play (R) **7 35** Nelly & Nolly in Toyland (R) **7 45** Bert and Ernie's Great Adventures (R) **7 55** Little Princess (R) **8.05** The Adventures of Ibttle Top Gill and His Best Friend Corky (R) **8 25** Angelina Ballerina **8 40** Rupert Bear (R)

9 55 Raanbas in Pyjamas (R) **10.10** Thn Mr Men Show (R) **9 25** Roary thn Rac ng Car (R) **9.40** Jelly Jamm (R) **10 00** Power Rangers Samurai **10 35** Batman The Brave and the Bnld **11 10** Looney Tunes (R) **11 20** Celebrity Wedding Planner (R) **12.20** The Hotel Inspector (R) **1 20 Film** Sabrina Thn Teenage Witch (1996) **3.00 Film** Daddy Day Camp. (2007) **4 50 Film:** The Aristocats (1970)

9 30 5 News Weekend

 # 25 Film The Fifth Element (1997) A 23rd-century New York cab driver protects a mysterious woman destined to save the world from destruction Sci f adventure starring Bruce Willis Gary Oldman and Milla Jovovich, Edited for daytime broadcast.

9 00 Film Resident Evil: Extinction (2007) Sci-fi thriller sequel starring Milla Jovovich

10 50 Film The Replacement Killers (1998) Action thriller with Chow Yun Fat.

12 35 SuperCarbine. **4 00** The Film Files (R) **4.50** Comity Secrets (R) **5.00** Hanas Helpline. (R) **5 10** The Milkshnkl Show (R) **5 35** Thomas & Friends (R) **5 45** Roary the Racing Car (R)

DIGITAL

BBC Three
7 00 Great TV Mistakes. Mishaps and continuity errors from Fawlty Towers Friends EastEnders Doctor Who and Gavin & Stacey come under the spotlight. **8.00** Top Gear A tric al sojnrcars nn tested in Italy. **9 00** Onr War Cnnnmentary exploring the war in Afghanistan

BBC Four
7 00 Africa s Magnificent Beasts **8 00** She-Wolves: England s Early Queens **9 00** Inspector Montalbano **10 45** Storyville. The $750 Million Thief

ITV2
3 10 Film. Carly Sue (1991) **5 10 Film** Beethoven's 2nd (1993) **8 55 Film** Charlie and the Chocolate Factory (2005) **11 10** The Xtra Factor **11.10** Celebrity Juice **12 05 Film** I Now Pronnonnce You Chuck & Larry (2007)

ITV3
3.55 Agatha Christie's Poirot **5 55** Minder. She Writes **7 00** Foyle's War **9 00** Midsomer Murders **11 00** Crime Connections

ITV4
1.45 Film: Without a Clue (1988) **4.00** The Sweeney **7 00** Cycling **8 00** Thn Sweeney **9 00 Film:** Sweeney! (1977) **11 00** Thn Sweeney

E4
3 00 T4: Desperate Housewives **4 00** T4: Revenge **5 00** T4: How I Met Yonr Mothers **8 00** The B g Bang Theory **7 00 Film** Thn Seeker: The Dark Is Rising (2007) **9 00 Film:** She's All That (1999) **11 00** The Inbetweeners

Film4
3 00 Breakfast at Tiffany's (1961) **5 20** Fantastin Mr Fox (2009) **7.00** St Trinnian's (2007) **9 10** Transporter 3 (2008) Action thriller sequel starring Jason Statham **11 00** Oldboy (2003)

SUNDAY'S TV 9.09.12

CHOICE

Matthew Rhys

The Scapegoat
ITV1, 9pm
Rebecca The Birds, Don't Look Now – the works of author Daphne Du Maurier have made for some great thrillers and ITV will be hoping that The Scapegoat is no exception (t s set in 1952 and stars Matthew Rhys m the dual role of John Standing and Johnny Spence two very different men who just happen to look absolutely identical. Following a chance encounter, former teacher Standing finds himself taking on the charismatic Spence s life which turns out to include a crumbling stately home, drug-taking mother unhappy wife and two mistresses.

BBC1

8 00 Breakfast. **9 00** The Andrew Marr Show. **10 00** Sunday Morning Live. **11 00** Cnnnry Tracks. (R) Weather for the Week Ahead. **12 00** BBC News. **12.00** Homes Under thn Hnmmer. (R) **1 00** Bargain Hunt. (R) **2 15** Cash in the Attic (R) **3 00** Escape to thn Cnnntry. (R) **4 00** Songs of Praise. **4 35** Planet Earth Live: A Tale of Th ne Bears. **5.35** Formula 1: Italian Grand Prix Highlights. Action from thn race at the Autodromo Nazionale Monza.

7 05 BBC News: Regional News, Weathnr

7.30 Countryfile Thn team visits the Furness Peninsula in Cumbria John Bradbury learns how the landscape has been shaped Matt Baker boards a schooner and James Wong builds the perfect sandcastle Including Weather for the Week Ahead

8 00 Inspector George Gently. The adopted child of a middle-class couple is kidnapped and suspicion immediately falls upon the natural mother who is thought to have "stolen" her baby back.

10.00 BBC News Regional News, Weathnr

10.25 Regional Programme

11 10 Regional Programme.

11.00 Film Honeymoon in Vegas (1992) A private detective races against the clock to win back h s fiancee after losing her as a betting stake In a card game. Andrew Bergman's romantic comedy starring Nicolas Cage.

1 10 Weathernow 1 15 Sign Zone: The Dark Nnlnm s Nightlmal World. The planet's nocturnal hunting behaviour Last in the series (R) **2.15** Holby City (R) **3 15** Good Cop (R) **4 15** News

BBC2

6 00 Cbeebies. **7 30** CBBC. **10 00** Saltnroky Kitchin Best Bites. **11 30** Thn Great British Bake Off. (R)

12 00 Film A n Lonesome (1959) **1.45 Film** Thn Victors. (1963) **4 15** Flog It! (R) **5 15** My Perfect Weekchair

6 15 Swimming with Crocodiles Part two of two. Ben Fogle travels to Australia's Northern Territory to research the saltwater crocod le – said to be the most aggressive of all reptiles (R)

7 15 Richard Hammond's Crash Course Thn host travels to Oregon where he tries to get to grips with the of powerful logging machines the heller-boncher dangle head processor and log loader

8 00 Chitz on Four Wheels Part one of two Anita Rani and Justin Rowlatt travel from Beijing to Shanghai to discover how China's increasing global power has changed its citizens' lives

9.00 Dragons' Den New series Duncan Bannatyne Hilary Devey Peter Jones Deborah Meaden and Theo Paphitis meet more aspiring entrepreneurs seeking investment including a former profess onal boxer

10.00 Mock the Week With Greg Davies Andi Osho and Stewart Francis (R)

10.30 Hilary Devey's Women of the Top Part one of two The lives of female business leaders. (R)

11.30 Formula 1 Italian Grand Prix Highlights Action from the race at the Autodrome Nazionale Monza (R)

1 00 BBC News **4.00** Close

ITV1

6.00 CITV: Mini CITV. **7.30** CITV. **9.25** ITV News. **9.30** House Gift. (R) **10.25** Thern s No Taste Like Home. (R) **11.25** Thn Hungry Sailors. (R) **12.20** ITV News Weather. **12.30** The X Factor. (R) **1.30** Mnrder Stn Wrote. (R) **2 30 Film** Colnmbo: Rest in Peace Mrs Colnmbo (1990) Crime drama, starring Peter Falk and Ian McShane. **4 30** Doc Martin. (R) **5 25** Thn Talnnt Show Story. (R)

6.30 Regional Programme Weather

6.00 ITV News Weather

7.00 Coronation Street. Hour-long ep sode Tommy is surprised when Tyronn Inome up eager to make friends but Tina e pects bragging and angrily confronts Kirsty causing her waiters to break.

8.00 The X Factor In the second edition this week Gary Barlow Nicole Scherzinger Tulisa and Louis Walsh welcome more singers to the stage as the auditions continue

9.00 The Scapegoat A man is persuaded to swap places with a perfect double and finds himself drawn into a new life with disastrous consequences. Daphne du Maurier adaptation starring Matthew Rhys

11 00 ITV News Weather

11 10 Premiership Rugby Union. Highlights of the second weekend of thn season including Harlnquins v Leadon Welsh Bath v Lnndon Wasps and Northampton Saints v Exeter Chiefs

12 15 The Store. ITV News Headlines. **2 15** Golden Balls (R) **3 00** Motorsport UK. **3 55** ITV Nightscreen **5 30** Morning News.

CHANNEL 4

9.00 Paralympin Games 2012 Tonight. (R) **7 00** Ironman 2012 **7.25** British Rally cross. **8.00** Will & Grace. (R) **8 30** Fraser. (R) **8 50** Frasnr. (R) **9 30** Paralymp c Games Breakfast Show **11 05** Abbey's Flying Fairy School. (R) **7 05** Ansbato and Custard Tea. (R) **7 15** Ben and Holly's Lttln Kingdom. (R) **7 25** Play. (R) **7 35** Nelly & Nolly in Toyland. (R) **7 45** Bert and Ernie's Great Adventures. (R) **7 55** Little Princess. (R) **8.05** The Adventures of Ibttle Top Gill and His Best Friend Corky. (R) **8 25** Angelina Ballerina. **8 40** Rupert Bear. (R)

9 55 Raanbas in Pyjamas. (R) **10 10** Thn Mr Men Show. (R) **9 25** Roary thn Rac ng Car. (R) **9.40** Jelly Jamm. (R) **10 00** Power Rangers Samnrai **10 35** Batman The Brave and the Bnld **11 10** Looney Tunes. (R) **11 20** Celebrity Wedding Planner. (R) **12.20** The Hotel Inspector. (R) **1 20 Film** Sabrina Thn Teenage Witch (1996) **3.00 Film** Daddy Day Camp. (2007) **4 50 Film:** The Aristocats (1970)

9 30 5 News Weekend

 # 25 Film The Fifth Element (1997) A 23rd-century New York cab driver protects a mysterious woman destined to save the world from destruction Sci f adventure starring Bruce Willis Gary Oldman and Milla Jovovich, Edited for daytime broadcast.

9 00 Film Resident Evil: Extinction (2007) Sci-fi thriller sequel starring Milla Jovovich

10 50 Film The Replacement Killers (1998) Action thriller with Chow Yun Fat.

12 35 SuperCarbine. **4 00** The Film Files (R) **4.50** Comity Secrets (R) **5.00** Hanas Helpline. (R) **5 10** The Milkshnkl Show (R) **5 35** Thomas & Friends (R) **5 45** Roary the Racing Car (R)

DIGITAL

BBC Three
7 00 World's Craziest Fools **7 30** Jessica Enns' Golden Girl **8 00** Thn Ind ana Jones and the Last Crusade (1989) **10 00** Family Guy **10 45** Bad Education **11 15** American Dad!

BBC Four
2.55 Film Dragonheart (1996) **5 10** Thn Xt Factor **8 00** Thn Xtra Factor **7 00 Film:** Evan Almighty (2007) **11 00** The Xtra Factor **10 00 Film:** Gladiator (2000)

ITV3
3 55 Film Thn 9FG (1966) **5 45** David Walliams' The Genius of Dahl **8 50** The Casebook of Sherlock Holmes **2.55** Wycliffe **8 00 Film** The Witches of Eastwick (1987) **11 20** Cracker

ITV4
5.00 Film Support Your Local Gunfighter (1971) **7.00** Cycling **8 00** Cycling Tour of Britain **9 00** Premiership Rugby Union **12 00 Film** The Krays (1990)

E4
3 10 Charlie's Angels **8 00** New Girl **4.35** Snbringstory **5** 10Reverge **8 00** Thn Big Bang Theory **7 00 Film:** Hnmn Ray Mnsny **2.30** Friends Like These **10 00 Film:** Hnmn Alonn 2: Lost in New York (1992) **11 00** Thn Inbetweeners **11 35** 2 Broke Girls **11.35** New Girl

Film4
2.50 The Italian Job (1969) **4.50** Ladybnrke (1995) **7 10** Cnmbles (1995) Comedy starring Alicia Silverstone **8 00** My Sister's Keepnr (2009) **11 15** Fatal Attraction (1987)

Monday

BBC1 6.00 Breakfast. 9.15 Rip Off Britain. 10.00 Homes Under the Hammer. BBC News Weather 11.00 Escape to the Country. 11.45 Cash in the Attic (R) BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.15 Regional News Weather. 1.55 Our Greatest Team Athletes Parade Live. 4.00 Doctors. 4.30 Flog It! (R) 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Holby City. 9.00 Trouble on the Estate. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 The Lark Up. 11.10 Citizen Khan. (R) 11.45 Film On a Clear Day. (2006) Drama, starring Peter Mullan. 1.20 Weatherview. 1.25 Sign Zone. Yngsjuk! Place to Be a Ferryman. (R) 2.20 Big Off Britain. (R) 3.10 Celebrity MasterChef. (R) 4.10 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 My Life in Books. (R) 1.30 To Buy or Not to Buy (R) 2.15 Weakest Link (R) 3.00 Wanted Down Under (R) 3.45 The Hairy Bikers' Food Tour of Britain (R) 4.30 Helicopter Heroes. (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. (R) 6.30 Celebrity MasterChef. 7.00 Celebrity Antiques Road Trip. 8.00 University Challenge. 8.30 Lawrence Fast, French and Classy Food. 9.00 Britain: Defeating the Superbugs. 10.00 James May's Things You Need to Know. 10.30 Newsnight Weather. 11.20 Dragons' Den. (R) 12.20 Richard Hammond's Crash Course. (R) 1.05 BBC News. 1.20 The Super League Show. 4.00 BBC Learning Zone.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News. Weather. 2.00 Dickinsons Real Deal. 3.00 The Alan Titchmarsh Show. 3.55 Regional Weather. 4.00 My Tasty Travels with Lynda Bellingham. 5.00 The Chase. 6.00 Regional News. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. (R) Paul O'Grady: For the Love of Dogs. 8.30 Connaissan Street. 9.00 Leaving. 10.00 ITV News at Ten. Weather. 10.35 Regional News. Weather. 10.36 Hillsborough. The Search for Truth. 11.55 Film The Gauntlet. (1977) 1.25 Jackpot247. ITV News Headlines. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 4.35 The Jeremy Kyle Show (R) 5.30 ITV Morning News.

Channel 4 6.20 Sali Mali. (R) 6.35 The Hoths (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.20 Frasier. (R) 8.55 Come Dine with Me. (R) 11.30 The Alan Titchmarsh Garden. 12.30 River Cottage Bites. (R) 12.45 Channel 4 News Midday Summary. 12.50 London 2012. Our Greatest Team Parade introduced by Jon Snow. 4.00 Deal or No Deal. 5.00 Gordon Ramsay's Ultimate Cookery Course. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 The School Dinner Scandal: Channel 4 Dispatches. 8.30 Fresh Unwrapped. 9.00 999: What's Your Emergency? 10.00 9/11: The Muslim Survivor. 11.05 Random Acts. 11.10 Sali Mali Sugar. 11.15 The Good Wife. 1.35 Revenge. 2.20 Charlie's Angels. (R) 3.00 Happy Endings. 3.25 St Elsewhere. (R) 4.15 Deal or No Deal. (R) 5.10 Make Do & Mend. (R) 5.35 Baking Mad with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Robson's Extreme Fishing Challenge. (R) 12.10 News Lunchtime. 12.15 Tory McGrath's Pub Dig. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 Numb3rs. (R) 3.15 Film A Sister's Secret (2009) Thriller, starring Alexandra Paul, Sydney Penny and Paul Whitney. 5.00 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. Jeh meets Richard for the first time. (R) 6.30 5 News at 6.50. 7.00 New Cowboy Builders. (R) 5 News Update. 8.00 The Yorkshire Ripper Manhunt: A Killer Revealed. (R) 5 News at 9. 9.00 Person of Interest. A gang kidnaps a judge's son. 10.00 CSI: Crime Scene Investigation. (R) 11.55 CSI: Miami. (R) 12.50 SuperCasino. 3.55 HouseRunners. (R) 4.20 House Doctor. (R) 4.45 Michaela's Wild Challenge.

Tuesday

BBC1 6.00 Breakfast. 9.15 Rip Off Britain. 10.00 Homes Under the Hammer. BBC News Weather 11.00 Escape to the Country. 11.45 Cash in the Attic. (R) BBC News. Weather 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News Weather. 1.40 Doctors. 2.10 Only Fools and Horses. (R) 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Holby City. 9.00 Trouble on the Estate. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Lark Up. 11.10 Citizen Khan. (R) 11.45 Film On a Clear Day. (2006) Drama, starring Peter Mullan. 1.20 Weatherview. 1.25 Sign Zone. Ynysbwl Place to Be a Ferryman. (R) 2.20 Big Off Britain. (R) 3.10 Celebrity MasterChef. (R) 4.10 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 My Life in Books. (R) 1.30 To Buy or Not to Buy (R) 2.15 Weakest Link (R) 3.00 Wanted Down Under (R) 3.30 Helicopter Heroes. (R) 4.30 Flog It! 5.15 Put You Money Where Your Mouth Is. (R) 6.00 Eggheads. (R) 6.30 Celebrity MasterChef. 7.00 Celebrity Antiques Road Trip. 8.00 Newsnight. 8.30 Lawrence Fast, News Trip. 9.00 The Great British Bake Off. 9.00 Vikings. 10.00 The Ros Atkins Show. 10.30 Newsnight Weather. 11.20 China in Four Wheels. (R) 12.20 BBC News. 4.00 BBC Learning Zone.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Dickinsons Real Deal. 3.00 The Alan Titchmarsh Show. 3.55 Regional Weather. 4.00 My Tasty Travels with Lynda Bellingham. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Live International Football: England v Ukraine. Coverage & Build Up. 10.00 ITV News Weather. 10.40 Regional News Weather. 10.50 International Football Highlights. 11.45 Grimethorpe. (R) 12.45 Jackpot247. ITV News Headlines. 2.45 Golden Balls. (R) 3.40 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4 6.05 Sali Mali. (R) 6.10 The Hoths. (R) 6.35 The Hoths. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.20 Frasier. (R) 8.55 Come Dine with Me. 9.55 Come Dine with Me. 10.30 Come Dine with Me. 11.00 The Renovation Game. 12.00 Channel 4 News Headlines. 12.05 Location, Location. 1.05 Channel 4 News. 7.55 4thought. 8.00 Double Your House for Half the Money. 9.00 One Born: Twins and Triplets. 10.00 Fuck Tube. 11.05 Random Acts. 11.10 Sali Mali Sugar. 11.15 Scrubs. (R) 12.10 Surfing Special. The Endless Winter. (R) 1.55 KOTV Sliding Weekly. 2.20 Sailing: America's Cup. Discovered. 2.45 International Volleyball. 3.25 The Get. 4.00 Grand Designs. (R) 4.45 FIM Superbike World Championship 2012. 4.50 Inspiration Triathlon. (R) 5.15 Deal or No Deal. (R)

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BBC2 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Golf: The Women's British Open. The opening day at Royal Liverpool Golf Club. Heyjake. 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. (R) 6.30 Celebrity MasterChef. 7.00 Celebrity Antiques Road Trip. 8.00 Horizon. 9.00 Dickinsons' Real Deal. 10.00 Newsnight. 10.30 Newsnight Weather. 11.20 The Ros Stryker Show. (R) 11.50 James May's Things You Have to Know. (R) 12.20 BBC News. 4.00 BBC Learning Zone.

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BBC2 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Golf: The Women's British Open. The opening day at Royal Liverpool Golf Club. Heyjake. 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. (R) 6.30 Celebrity MasterChef. 7.00 Celebrity Antiques Road Trip. 8.00 Inspector Montalbano. 9.00 Women of the Top. 10.00 Mock the Week. 10.30 Newsnight. Weather. 11.20 The Ros Stryker Show. (R) 11.50 James May's Things You Have to Know. (R) 12.20 BBC News. 4.00 BBC Learning Zone.

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Friday

BBC1 6.00 Breakfast. 9.15 Rip Off Britain. 10.00 Homes Under the Hammer. BBC News. Weather 11.00 Escape to the Country. 11.50 Cash in the Attic. (R) BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.40 Doctors. 2.10 Only Fools and Horses. (R) 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 EastEnders. 8.30 Miranda. (R) 9.00 In with the Flynns. 9.30 Mrs Brown's Boys. (R) 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Would I Lie to You? (R) 11.30 Come Fly with Me. (R) 11.35 The National Lottery Friday Night Draws. 11.45 EastEnders. 1.40 Weatherview. 1.45 Sign Zone. The Hairy Bikers' Adventure. (R) 2.45 Rip Off Britain. (R) 3.30 Celebrity MasterChef. (R) 4.00 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Golf: The Women's British Open. The opening day at Royal Liverpool Golf Club. Heyjake. 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. (R) 6.30 Celebrity MasterChef. 7.00 Celebrity Antiques Road Trip. 8.00 Inspector Montalbano. 9.00 Women of the Top. 10.00 Mock the Week. 10.30 Newsnight. Weather. 11.20 The Ros Stryker Show. (R) 11.50 James May's Things You Have to Know. (R) 12.20 BBC News. 4.00 BBC Learning Zone.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News. Weather. 2.00 Dickinsons Real Deal. 3.00 The Alan Titchmarsh Show. 3.55 Regional Weather. 4.00 My Tasty Travels with Lynda Bellingham. 5.00 The Chase. 6.00 Regional News. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Hard Hospital. 8.30 Coronation Street. 9.00 Piers Morgans Life Stories. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 Film Jonathan Creek. (2003) James Bond spy adventurer starring Pierce Brosnan. 1.00 Jackpot247. ITV News Headlines. 3.00 Film Columbo: Try and Catch Me. (1977) Crime drama, starring Peter Falk. 4.15 ITV Nightscreen. 5.00 ITV Morning News.

Channel 4 6.00 The Tenacre People. (R) 6.10 The Hoths. (R) 6.35 The Hoths. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Come Dine with Me. 9.25 Come Dine with Me. 10.00 Come Dine with Me. 10.30 Come Dine with Me. 11.00 The Renovation Game. 12.00 Channel 4 News Headlines. 12.05 Location, Location. 1.05 Channel 4 News. 7.55 4thought. 8.00 Deal or No Deal. 5.00 Gordon Ramsay's Ultimate Cookery Course. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 Deal or No Deal. 5.00 Gordon Ramsay's Ultimate Cookery Course. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 Location, Location. 9.00 The Million Pound Property Developers. 10.00 Celebrity Cash Cow. 11.10 Fuck Tube. (R) 12.15 Random Acts. 12.20 Friday Night Dinner. (R) 12.55 Celebrity Bedlam. 1.20 My Name is Earl. (R) 2.05 Happy Endings. 2.50 Mash Report. The. (R) 3.00 Nit No. (R) 3.50 The Million Pound Drop Live. (R) 4.00 Reasons to be Cheerful: Hallo Friend. (R) 4.15 St Elsewhere. (R) 5.00 Deal or No Deal. (R) 5.50 The Tenacre People. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Extreme Fishing with Robson Green: At the Ends of the Earth. (R) 12.10 5 News Lunchtime. 12.15 Dirty Ghost Machines. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 Numb3rs. (R) 3.15 Film Wishes Were Horses. (2007) Mystery starring Dirk Van Dyke. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.50. 7.00 Ultimate Police Interceptors. (R) 5 News Update. 8.00 World's Scariest Plane Landings. (R) 5 News at 9. 9.00 Film: Lethal Weapon 3. (1992) Action thriller sequel starring Mel Gibson, Danny Glover and Rene Russo. 11.20 Dallas. (R) Bowmes suspicious of his business partners. (R) 12.15 SuperCasino. 3.55 HouseRunners. (R) 4.20 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R)

This week's crossword - Clues

Across

1. **Light (12)**
7. **Lobby (5)**
8. **Guide (6)**
9. **Charge (3)**
10. **Instability (9)**
11. **Disinter (5)**
12. **Carrier (5)**
19. **Enmity (9)**
17. **Serpent (3)**
18. **Supple (5)**
19. **Even (5)**
21. **Avowal (12)**

Down

1. **Unbearable (12)**
2. **A month (3)**
3. **Usual (6)**
4. **Evidence (5)**
5. **Corpulent (5)**
6. **Recipe (12)**
7. **Raw (5)**
10. **Sheepy (9)**
13. **Track (5)**
14. **Namas (5)**
19. **Bury (5)**
20. **By way of (3)**

Last week's solution

ACROSS 4 APPROVE 8 READER 9 CONSOLE 10 DAINTY 11 RELIEF 12 CONTRITE 18 DISTINCT 20 CRINGE 21 ARRANT 22 OPPOSED 23 PARCEL 24 PROBITY

DOWN 1 PRODUCE 2 SALIENT 3 FETTER 5 PROGRESS 6 RESULT 7 VALLEY 13 INDECENT 14 INFANCY 15 STATELY 16 PROPER 17 ENTOMB 19 THREAT

Food & Drink

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BBC to welcome back Food And Drink

FOOD AND DRINK is to make a comeback to the BBC – hosted by top chef Michel Roux Jnr

The show will return to BBC Two for a six part series next year, 12 years after it was dumped from the screen

Among the notable faces associated with the show during its 19 years on air were the late Michael Barry, Chris Kelly and the wine experts Jilly Goolden and Oz Clarke

The BBC said the new series would involve Michel – who has been a judge on the professional version of MasterChef – guiding viewers through recipes with a 'stellar cast' from the culinary world

The programme will also examine food trends and consumer issues

Michel said: 'The original programme inspired many and with Britain's appreciation for good food having grown so much in the last 30 years, I am looking forward to exploring fantastic food and drink with old and new friends'

'I will be cooking up some classics like my signature soufflé Suissesse which will reflect the programme's heritage. There will be lots of new and exciting recipes and ingredients for viewers to try at home and some surprising modern twists to traditional dishes'

Oxfam warns food prices to soar due to climate change

STAPLE FOOD PRICES may double within the next two decades due to climate change and an increase in extreme weather including droughts and hurricanes, the anti-poverty group Oxfam said Wednesday

Oxfam warned current climate change research isn't taking into account extreme weather events – which it warned could also temporarily send up prices by a similar amount.

'While prices could double by 2030, the modelling suggests that one or more extreme events in a single year could bring about price spikes of comparable magnitude to two decades of projected long-run price increases,' said Oxfam.

'Based on new research that includes the impact of extreme weather, like the drought and heat wave like that struck the United States this summer, Oxfam estimated the world market export price of maize in 2030 could be 177 percent higher than in 2010

For wheat the price increase is seen at 120 percent and for processed rice 107 percent, according to modelling based on research commissioned by Oxfam from the Institute of Development Studies at Britain's University of Sussex.

The impact of climate change – increased temperatures and changing rainfall patterns – is estimated to account for only a third to half of the price impact.

Instead it is extreme weather that is expected to have the greater long-term impact on staple food prices

'As the 2012 drought in the United States shows, extreme weather means extreme food prices,' said Oxfam.

Global food prices soared 10 percent in July due to the US drought, the World Bank has said, with maize prices jumping by 25 percent and set to rise further

The UN's climate science panel, which forecasts temperatures will rise 2.5 to five degrees Celsius over this century, has said that man-made climate change has boosted the frequency or intensity of heat waves, and that such extreme weather events are virtually certain to increase in the future

Oxfam warned that food price spikes due to extreme weather have an even greater impact on the poor

'Short-term price surges can have significantly worse consequences for vulnerable people than gradual price increases, to which they can adjust more easily,' Oxfam warned

'But it is the combination of long-term climate impacts and short-term shocks that are likely to be especially devastating,' it added

With many people in developing countries spending as much as 75 percent of their income on food, Oxfam said price surges have

a quick impact on undernourishment.

Moreover, many people are forced to sell off productive assets and incur debt, causing longer-term economic impacts and eroding people's capacity to recover from one crisis to the next.

Oxfam also said farmers in developing countries had difficulties in taking advantage of the price rises as they lacked access to credit and inputs to expand production

Price volatility makes it even harder for them to invest as without access to financial markets they bear the risk of short-term drops in prices, it added

Oxfam called for immediate action to cut greenhouse gas emissions behind rising temperatures and for developed countries to step up funding for adapting to climate change

Organic foods not necessarily better

WILL EATING organic foods make you healthier? Maybe not, a new research review shows

The review sums up evidence from hundreds of studies of organic foods. It's published in the Annals of Internal Medicine

Some of the studies compared organic milk, meats, eggs, and produce to non-organic foods. Those studies measured nutrients in the foods as well as contaminants like pesticides and bacteria. A few studies tried to find health differences between people who ate only organic or only non-organic foods.

After weighing all the evidence, the researchers conclude that organic foods don't appear to have more vitamins or nutrients than non-organic foods.

Non-organic fruits and vegetables were 30% more likely to have pesticides than organic fruits and vegetables. But because it's rare for any produce to exceed pesticide safety limits set by the FDA, researchers say it's not known whether reducing an already small exposure makes a difference.

The review also shows that organic meats are less likely to harbor "superbug" bacteria that are resistant to treatment with antibiotics. But researchers say most antibiotic-resistant infections in people come from misuses of antibiotics, not from eating contaminated foods.

In the end, researchers say there's no evidence that people who stick to organic diets are healthier than people who eat non-organic foods.

TV junk food ads could face pre-9pm watershed ban

A GROUP of doctors alarmed at Britain's soaring obesity rates have called on television regulators to introduce a pre-9pm watershed ban on junk food advertising.

It is hoped such a measure would help dent soaring obesity rates, particularly amongst children and young people, by reducing their intake of foods high in salt, sugar or fat.

The Royal College of Paediatrics and Child Health is also calling for a so-called 'fat tax' to be introduced for unhealthy foods.

Dr Hilary Cass, president of the college, said: "Although they are trying to avoid junk food advertising around specific children's programmes, you've still got it around soaps and other programmes that children watch. So the only realistic way to do it is to have no junk food advertising before the watershed in any programmes at all.

"When children see the adverts they start nagging their parents to get them to McDonald's or whatever. They see something at 6pm on the telly and want a McDonald's that night. It's a similar thing to having sweets at the checkout – get to them then."

The Advertising Association countered that any such measures would risk "overlooking the real causes of obesity", adding that the UK already enforces some of the strictest rules in Europe.

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All these great new dishes can be seen on our website www.theshiphotel.net or better still at The Ship Hotel in North Street right in the very heart of Chichester.

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Keeping in tip top shape!

Denise Kelly

SUMMER is nearly over! I can't quite believe it, as the year seems to be whizzing past and I adore the summer months, but I also find September quite exciting too. The children are back at school and it's almost like a new chapter beginning in life, like the start of a new year. However the good weather is supposed to last just a few weeks more so we can continue with these evening barbeques, walks along the beach, and picnics in the park for a few more weeks yet. These seasonal delights are frequently accompanied by seasonal ailments such as indigestion, poison ivy, sunburn, and insect bites. Pharmaceutical shelves are full of medicines that suppress symptoms but sometimes cause unpleasant side effects. When there are safe, effective, natural solutions to the problems I always think it's worth giving them a go first to see if it helps. Remedies that could ease symptoms and with chronic issues like allergies, make future bouts less severe and less frequent, should surely be given a go?

Homeopathy may well be the solution to some ailments. Based upon the principle of "like cures like," first noted by Hippocrates, the term "homeopathy" was coined by German physician Samuel Hahnemann in the late 18th century. Hahnemann carried out detailed research to develop homeopathy into a comprehensive system of healing that, by using natural remedies derived from minerals, plants, and animals, gently stimulates the body to heal itself. Rather than camouflaging symptoms, as traditional pharmaceuticals often do, homeopathy treats the root cause of the problem.

You can use homeopathic remedies, many of which can be found in your local health food store, to treat mild afflictions yourself. The effectiveness of a remedy is determined by whether the symptoms of the illness match the symptoms of the remedy, the right combination will strengthen the body's natural healing defences. As there may be several potential remedies for a given ailment, care must be taken in selecting a treatment to ensure its efficacy. Take one dose and wait for a response, take more only if there is no improvement or if symptoms return. If you've taken three doses without relief, select a different remedy. Here are suggestions for combating common summer complaints:

Hay fever—Allium cepa, Bruises and sore muscles—Arnica, Insect bites and jellyfish stings—Apis mellifica,Sunburn—Cantharis, Muscle cramps and sprains—Rhus toxicodendron, Cuts and burns—Calendula, Poison ivy or oak—Rhus toxicodendron, Indigestion—Pulsatilla.

For chronic health problems, you may benefit from professional advice. Professional homeopaths have access to a wider range of remedies than are available to health food stores as well as the training and experience to determine the best remedy for you.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.deniseKelly.co.uk

Vitamin D speeds up Tuberculosis recovery times

VITAMIN D has been shown to improve the healing of tuberculosis patients. A study from Britain has found that a dual treatment with vitamin D along side antibiotics has a higher success rate than antibiotics alone. The cause of this effect is due to the inflammatory response of the lungs. Inflammation can cause tissue damage and eventually cavities or holes in the lungs. The damage takes longer to heal and thus could mean life or death to a TB patient. Vitamin D has been shown to lessen the inflammatory responses, resulting in less lung damage. Tuberculosis is spread through coughing the bacteria into the air where it can infect other people. By controlling the lung damage and the coughing, less people would be infected from this disease. The researchers think this same vitamin effect can help in patients with other diseases such as pneumonia.

Tuberculosis may be a rare disease in developed countries, but it is still devastating countries around the world. In 2010, over 8.5 million people were infected worldwide, and 1.4 million people died. The danger comes from the recent mutations of tuberculosis. It has been evolving into a drug-resistant form that does not respond to antibiotics. The high rates of infection per year, plus the drug-resistant mutations have caused alarm for health officials. Research into this illness is ongoing and desperately needed.

Vaccine linked to deafness cases

A ROGUE STRAIN of the measles, mumps and rubella vaccine has been proven to have caused deafness in at least two children, it has been claimed.

Katie Stephen, who lost the use of her left ear days after being inoculated as a child, is reportedly the first known victim to prove her case to the Vaccine Damage Payments Unit.

But the 21 year-old has been refused the £120 000 payout for vaccine injury because it is only given to people with 60% disablement, according to the Times. The measure used by the Department of Work and Pensions (DWP) to decide payouts defines single-sided deafness as 20% disablement.

It comes after a second victim, who lost hearing in both ears, received compensation in a previous case, the paper said.

Miss Stephen's mother Wendy told the Times: "She wasn't born this way. This was done to her by the Department of Health. They distributed pamphlets arguing that this was the right thing to do for your child and not just that but the right thing to do for herd immunity in the UK against these three illnesses."

Paul Breckell, chief executive of Action on Hearing Loss, said: "We are disappointed that the formula used by the Vaccine Damage Payments Unit does not fully recognise the impact for Katie in completely losing the hearing in her left ear."

Miss Stephen, from Stonehaven, in Aberdeenshire, was 15 months old when she was given the inoculation in 1991. A health visitor recorded hearing problems at 18 months old, although previous tests had been normal, and in 1996 she was diagnosed with deafness.

According to the Times, her medical records show that she was deafened by an MMR jab using the rogue Urabe strain of mumps, which was given to 3.4 million British children between 1988 and 1992. In total, 10 cases of deafness after the jab were formally recorded at the time, the paper said.

An academic study found that the cause of deafness in six of those cases was unknown but MMR was a possibility, it added. Four of the suspect cases had single sided deafness.

The Department of Health (DoH) stressed the importance of the MMR vaccine and said it had saved many lives. Director of Immunisation Professor David Salisbury said: "Uptake rates for the MMR vaccine are at their highest level for 10 years and it is the best way to protect children against all three infections."

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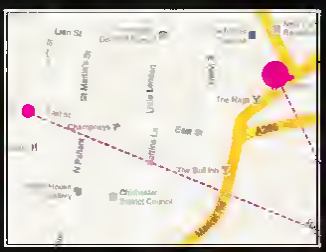

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Fashion

GOT ANY FASHION TIPS?
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Shamelessly vintage for the Revival

IF YOU ARE a vintage enthusiast you are probably aware that the most glamorous and nostalgic day along the South coast is soon upon us. The Goodwood Revival (from 14th-16th September) epitomises the historical allure of well designed cars and sophistication. The festival acts as a showcase for exceptional wheel-to-wheel racing around the classic Goodwood Motor circuit. Although not compulsory, the vast majority of Revival visitors dress in period 50's/60's/70's style with many going to great lengths to achieve that authentic look. The resulting step-back-in-time is a spectacle that plays a key role in making the Revival such a unique event. The Revival is not about fancy dress, it's more about cultivating the spirit and glamour of a bygone era by wearing authentic costume.

Deciding on a specific outfit needs thorough consideration. You can find inspiration from a timeless icon like Audrey Hepburn or dig out old photographs of your parents or grandparents and copy their style. Try to choose someone with roughly the same body shape and colouring as you and don't wear anything that makes you uncomfortable as you'll be spending most of the day there.

You really don't have to spend a lot of money and can find many accessories on the high-street. If you have not got time to venture far and really don't find interest shopping appealing, I can recommend some vintage specialists near Goodwood who will provide you with some appropriate attire.

> "The resulting step-back-in-time is a spectacle that plays a key role in making the Revival such a unique event."

Vintage @ Chi is nestled down Chichester's quaint streets. Their extensive and well stocked shop source classic pieces from the 1920s to the 1950s that are in excellent condition as well as a few retro items. If you are looking for inspiration while you are in the town, pop in & you might be surprised by what you may come out with. www.vintageatchi.co.uk 01243 773644

Violet & Fraser specialise in original vintage 40s, 50s & 60s clothing and accessories for women. The aim of Violet & Fraser is to provide the best examples of period women's dressmaking and tailoring. From floor length 50s ballgowns to 30s crepe dresses. Currently exhibiting in their pop up boutique, you can experience a personal service where you can acquire one of their beautiful dresses amongst friendly company, whilst enjoying cake & refreshments. www.violetandfraser.co.uk – 02392 595623

Retro Daisy in Arundel stock a wide range of reproduction vintage and handmade unique dresses in sizes 6 to 20+. There is great benefit to those ladies who struggle to fit into the petite slender original dresses. Giving you an opportunity to flaunt your womanly figure and looking appropriately stylish. www.retrodaisy.com 07526 296621

For those who enjoy more of a rummage, Brighton is full of vintage emporiums.

One of my favourites for all things eclectic and bizarre is Snooper Paradise. You can pick up absolutely anything here, from Victorian clothing to a pearl chandelier to art deco statues to old postcards to a spinning wheel. 01273 602558

In the midst of combing the racks for one-of-a-kind steals, make sure to steer clear

of damages. If a garment is not in the best condition, it may not be as valuable as you thought. Quality is vital when picking vintage. However, if you do happen to come across something that isn't too expensive, but maybe has a tiny tear, I say go for it and take it to a tailor. You won't regret it!

Good luck at The Goodwood Revival as you may be in with a chance to win Best Dressed. I look forward to seeing some of you looking appropriately vintage!

Alex Cvijovic is a Textile Designer and Illustrator. Collector of the unique. Lover of traveling, learning and creating. She is the creator of The Vintage Parade. www.vintageparade.co.uk

Nominees for the British Fashion Awards 2012 announced

THE BRITISH FASHION Council hosted a reception at The Savoy Hotel on Tuesday to announce the shortlisted nominees for the British Fashion Awards 2012.

The British Fashion Awards celebrate the breadth and depth of talent in the British fashion industry from the emerging stars to the designer brands, models and style icons, from creatives through to rewarding the ultimate accolade, Designer of the Year. The evening is attended by the most influential industry leaders, designers, retailers, celebrities, models and media to celebrate the best in British fashion. The winners will be announced at this year's award ceremony, taking place on Tuesday 27th November. The event will be hosted by Lauren Laverne and Nick Grimshaw.

This year, the British Fashion Awards will also celebrate two additional awards the BFC Outstanding Achievement Award and this year's British style icon, as voted for by the public through the British Style Award, brought to you by Vodafone. To see the initial nominees and to cast your vote for the winner, visit www.britishfashionawards.co.uk/britishstyle.

The New Establishment award was introduced in 2011 and returns this year to recognise a designer who over the past two seasons has been forging an international career and gained critical acclaim from a global audience. The award this year is hotly contested between nominees Erdem, Jonathan Saunders and Meadham Kirchhoff.

Designer of the Year is the highest accolade, recognising a leading British based designer brand of couture, ready-to-wear, knitwear or accessories that has directed the shape of fashion in the past year and elevated their international reputation. Nominated are designers Christopher Kane, Mary Katrantzou and Stella McCartney.

"2012 has been a momentous year and a celebration of British talent. The British Fashion Awards recognise and celebrate the exceptional individuals and brands who've defined our fashion industry over the past year and we're incredibly proud to announce these nominees who represent a cross section of British fashion talent." – Harold Tillman CBE, Chairman of the British Fashion Council.

Nominations for these awards are made by the BFC press committee, menswear panel and international opinion formers within the industry. The winners will be selected by relevant panels of leading British and international media and buyers later this year. Find out more about the Nomination Panel.

Kate Middleton, great ambassador for Brit fashion, says designer

FASHION CRITICS have confirmed that Kate Middleton has an elegant style that the public and fashion elite can't get enough of. And now, an iconic designer has dubbed the Duchess as a "great ambassador for Brit fashion".

Designer Roksanda Ilincic released a statement regarding The Duchess's graceful way of wearing clothes that match her social status. Just recently, The Duchess was seen wearing a lilac dress of her creation in one of the Olympic ceremonies.

"She is such a great ambassador for British fashion and a truly elegant woman" says Ilincic as reported by the Telegraph.

The dress The Duchess donned, called 'The Peridot Dress', was first seen during the royal couple's North American tour.

Kate is notorious for repeating her looks and dresses, a fashion faux pas that only she can pull off without anyone complaining.

Many designers have proclaimed their adoration and fancy over The Duchess' sense of style- whether she's just out for coffee or appearing for a glamorous red carpet event.

"It was such a pleasure to see her wearing her Peridot dress again. The dress is sophisticated yet has a softness as well, so I think it suits her understated style perfectly," added Ilincic in the same report.

Other fashionistas who have stated their adoration for the duchess include Karl Lagerfeld from Chanel, who has praised her slim figure, and Sarah Burton from Alexander McQueen, who designed her iconic wedding dress.

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Preserving flowers

With autumn in the air, it's time to use this flurry of good weather to look at ways of preserving our flowers. Jo Golesworthy shows you how

IT'S SEPTEMBER already, and with the kids heading back to school there's still lots to be getting on with in the garden.

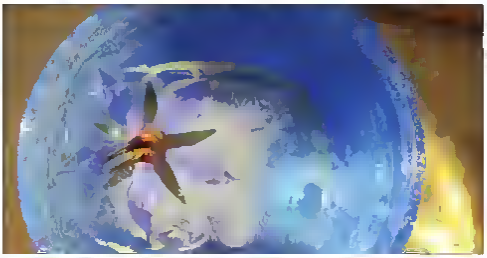
The wet weather this summer hasn't ruined the floral displays in the garden. If anything it's kept flowers blooming for longer. In order to keep that bright freshness throughout the coming months look at ways of preserving flowers.

> "Freeze apple and elderberry blossoms in spring, they're stunning in a summer drink!"

Freeze edible flowers in ice cubes to use throughout the winter. Violas in purples, blues and whites, borage with blues and turquoise, marigolds in bright yellows, oranges and reds or bright red bean flowers and dazzling orange nasturtium. This is so easy to do. Collect a selection of healthy, bright flowers. Wash them and place in ice trays. Fill with water and freeze. Put these in a bag and repeat for a supply over winter. The red bean flowers will look great over Christmas. This about doing this throughout the year. Apple and elderberry blossoms in spring are stunning in a summer drink!

Air drying seed heads for ornamental displays. If you walk around the garden you'll already see a raft of seed heads. Nigella, poppies and day lilies as well as ornamental grasses. They all look fabulous displayed around the house. Cut the stems as long as you can. Hang up side down in a drying room or warm room with a paper bag over the top to catch any seeds. Once they're dried remove the bags and seeds and display. Cut hydrangeas and do the same. They look so beautiful!

Pressing flowers is a childhood memory of mine that I'll always treasure. You can



Large leaves are beautiful in cold drinks

use a press or simply squeeze between heavy books using kitchen roll. This can be done throughout the year. Leave the flowers for a couple of weeks but ensure they are completely weighed down. You can immortalise the flowers in bookmarks, or do as I do and make home made cards by sticking the flowers down with sticky back plastic. Very Blue Peter!

Jo Golesworthy
Horticulturalist, gardener, writer and designer
Check out my new blog at www.theradientgardener.wordpress.com

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FRIDAY 19 OCTOBER 2012
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Property

FEATURE PROPERTY: ALDWICK BAY ESTATE £435,000

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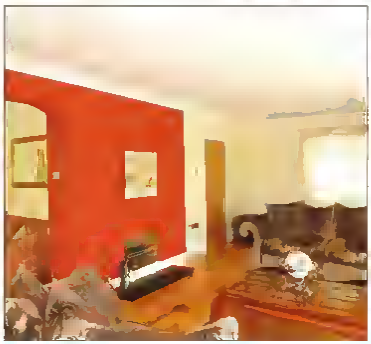

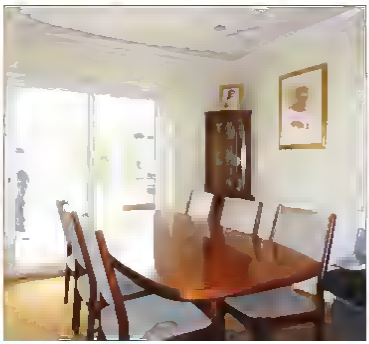

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ALDWICK **£525,000**

A detached family house situated approx. 200 yards from the local shops and around a quarter of a mile from the beach. The property has been remodelled and improved by the current owners. G.F.H. large entrance verandah, cloakrm, spacious L shaped lounge/dining rm, kit/break rm, dual aspect rear sitting rm with bi-fold doors opening to rear gdn, utility rm, master bedrm with en suite bathrm & hallway three further bedrms, shower rm gardens of approx one fifth of an acre including a Westerley rear.

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H. u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with rm suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool.

ALDWICK **£597,500**

A superbly presented 'New England' style detached family house situated in a good sized plot less than half a mile from local shopping facilities and the beach. The current owners have made the property the subject of a comprehensive programme of refurbishment and modernisation over the course of the last 3 years. G.F.H. u.P.V.C. dbl glazing, replacement wiring, plumbing, & sanitary ware etc. a cloakrm, a triple aspect lounge, spacious kit/dining rm, utility rm, study/fr room, an impressive master bedrm suite with vaulted dressing rm & luxury en suite bathrm, 3 further bedrms, family bathrm, an integral garage & well maintained gardens to the front and rear.

ALDWICK BAY ESTATE **£585,000**

An extended and highly regarded 3/4 bedroom detached Spanish style house situated in the private marine estate approx. 400 yards from the private beach. The property has been made the subject of a continuing programme of extension and modernisation by the current owner. Underfloor heating, double glazing, cloakrooms, g.f. and first floor shower rm, spacious triple aspect living room, g.f.t bedroom/study, good sized kit/dining rm, utility rm, garden rm, conservatory, impressive master bedrm with en suite bathrm, two further bedrms, family bathrm, detached double garage and gardens.

ALDWICK BAY ESTATE **£485,000**

An extended detached character house situated in the Aldwick Bay private marine estate approx. 400 yards from the private beach. The current owners have extended & reconfigured the property. G.F.H. u.P.V.C. dble glazing, spacious dual aspect reception area partially separated into a front sitting rm with inner lounge/dining rm, kit/breakfast rm, utility rm, an office/study, gr.fl bedroom (currently used as a further reception rm) with en suite shower rm, master bedrm with dressing area & en suite shower rm, second bedrm, bathrm, small garage/store room and wall screened gdns.

NYETIMBER **£425,000**

A detached family house with attached self contained annexe situated in a cul de sac. The property is built on a larger than average plot. The specification includes g.f.h. dble glazing, cloakrm, lounge, dining rm, study, kitchen, utility rm, master bedrm with en suite shower rm, three further bedrms, bathrm. Self contained annexe with large living room incorporating a kitchenette, a bedrm and shower rm. The property benefits from a large plot with brick paved parking areas and a good sized lawned garden.

ALDWICK **£235,000**

A stylishly presented two bedroom first floor apartment situated approx. 400 yards from the beach. The specification includes g.f.h. delightful dual aspect living rm, fitted kitchen, bathroom, separate w.c./cloakroom, single garage with additional parking for several vehicles, use of the landscaped communal gardens and storage area beneath the main building. Residents of The Grange have access to a private beach via gate in nearby Waters Edge.

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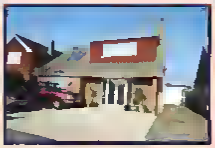

Aldwick | £379,950
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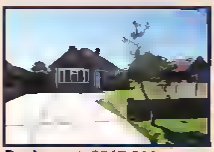

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Aldwick | £435,000
▪ Detached House In Sought After Location ▪ Four Bedrooms with Built in Wardrobes ▪ Two Reception Rooms ▪ Bathroom and En-Suite To Master Bedroom ▪ Double Garage ▪ Secluded Mature Rear Garden

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New 2013 Ford Fiesta pictures released

THIS is the new Ford Fiesta, which makes its public debut at the 2012 Paris motor show and goes on sale later this year. It has a range of cosmetic updates and is available with more high-tech kit and Ford's new three-cylinder, 1.0-litre Ecoboost engine.

The 2013 Ford Fiesta's exterior makeover is most significant at the front of the car, where it gets a new bonnet, bumper, grille and headlights. It now has Ford's latest trapezoidal grille, as seen on the new S-Max MPV and the 2013 Mondeo. Other changes are limited to new rear light clusters.

New materials and extra metallic trim are aimed at giving the Fiesta's cabin a classier look, to help it compete with cars such as the Peugeot 208, new Renault Clio and VW Polo.

A range of new high-tech features have been added to the Fiesta range. Ford's MyKey system is likely to come as standard. It's aimed at improving safety for young drivers and allows parents to set maximum speed and audio volume limits for different drivers. It also mutes audio sources until the seatbelts are fastened and stops driver aids and safety systems being turned off.

Ford Fiesta has a number of cosmetic changes, including new rear light clusters.

Ford SYNC is a new connectivity system that allows voice activation of various functions. It allows reads out incoming text messages and allows the driver to respond with a series of pre-set messages using only their voice.

Active City Stop is a new safety feature – similar to the ones available for the Volkswagen Up and various Volvo models – that uses sensors to detect what's in front of the car and can apply the brakes at low speed to help prevent a collision.

Most significant changes at the front, with redesigned headlights, bumper and grille.

Ford's three-cylinder 1.0-litre Ecoboost petrol engine – which made its debut in the Focus – will be added to the updated Fiesta range. It'll be available in 99bhp and 118bhp forms, and a new 84bhp version is expected to be added.

Technical specifications are yet to be confirmed, but Ford insiders suggest this new entry-level engine could have CO_2 emissions of just 99g/km.

More high-tech kit has been added, and new 1.0-litre Ecoboost three-cylinder petrol models join the range.

The new Fiesta ST will go on sale in spring 2013. It'll have a range of chassis and cosmetic upgrades and a turbocharged 178bhp 1.6-litre petrol engine.

Upgraded interior has new materials, Ford's MyKey is aimed at improving safety.

Prices for the updated Fiesta are yet to be announced, but we'd expect them to be little changed from the current car's. The new model goes on sale in late 2012, with first deliveries expected in January 2013.

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Running

The half marathon is coming back to Chichester!

THERE'S STILL time to enter the Chichester Half Marathon which is returning to the district after a 25 year absence

The half marathon will be held on Sunday 14 October

It has been organised by Chichester District Council in partnership with local charity Children on the Edge. The charity is dedicated to working on behalf of marginalised and vulnerable children who are often victims of war

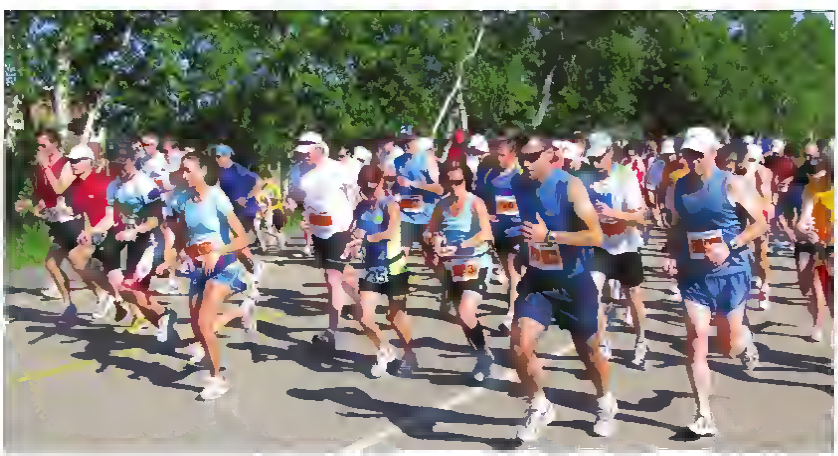
The Chichester Half Marathon route includes a mixture of road and cross country terrain. It will start and end at Chichester College and takes in many of the city's historic sites, including the Cathedral and the City Walls. It will then lead up to the South Downs before runners return to the city along the Centurion Way

Entry to the half marathon is £22 for members of affiliated UK Athletics Association clubs and £25 for non-affiliated runners. The minimum age to enter is 17 years old. The closing date for entries is Friday 5 October

If you don't feel like entering as a runner, why not opt to volunteer instead? Volunteers are needed to help with various tasks on the day

Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing, and Community Services, says "We hope a wide spectrum of the community will take part, not just elite runners but people taking part in their first half marathon too

"Children on the Edge is a truly inspiring cause to be running for and by paying an entry fee and taking part you'll be helping a charity where a little really can go a long way"



Meanwhile, you can get training tips from marathon expert Graham Jessop who has helped plan the Chichester Half Marathon course. Graham has been involved in organising races throughout the country for 25 years and has been involved with the Chichester 10km race for 21 years. For his half marathon training advice see www.childrenontheedge.org/grahamjessop.html

For more information and to enter see www.chichester.gov.uk/index.cfm?articleid=19931, call Chichester District Council on 01243 534799 or email sport@chichester.gov.uk

Football

City's development boys beaten

Suburban League South
Horley Town 3 Chichester City 2

CHICHESTER City's development manager Steve Ferry is delighted that all but one of last year's successful under 18's squad has graduated to the senior ranks of the club for this season and with the progression of young, local talent being a priority for the first team management is sure that several will break into that side in the months ahead.

In the meantime, one of them featured on Saturday when the development team finally got their season under way with a trip to Horley Town in the Suburban league.

Pre-season preparations had been somewhat erratic and the Surburban league new boys certainly made hard work of it, against an ordinary looking Horley. In spite of this, they still enjoyed most of the possession for the opening 20 minutes but, with no real cutting edge to their play, failed to convert this possession into chances and then, as their first wind faded, descended into chaos. Strikes from Horley's Grave and Smith put the host's three goals clear after 40 minutes.

A superb 25 yard effort from Morgan Ferry did, however, reduce the arrears once the stroke of half time and this, along with an interval reshuffle, paved the way to a much brighter second half performance. There were more than enough chances to win the game but, with their finishing on the rusty side, City did not find the net again until the 80th minute to add a second. Members

breaking down the right and crossing for Aran McCarthey to bravely head home. More half chances came and went before, in the dying seconds, 17-year-old Nat Hubert's early rounded off a great display with a last minute leveller. His crisp strike however produced a fine save from the home keeper to save all three points for Horley.

This was a laboured opening for City's young guns but the second half performance and reaction to a three nil deficit give real reason to look forward to the season ahead.

Chichester City: T Cowell, C Megresi, C Heath, T Lynch, S Soughton, T Sugwood, F Smith, R Meddee, M Ferry, A McCarthey, J Meaners, D Knight, N Hubert & A Sorteo.

Cricket

City survive

League round-up for 1 September (final week)

PREMIER DIVISION

CHICHESTER SURVIVED a final day relegation battle as they beat Worthing.

Worthing went down by eight wickets at Chichester but scrambled enough points, just, to avoid relegation. They were dismissed for 162 with 41 from Michael Gould as Steve Sedgeley took 4 for 19. In reply Chichester reached their target at 164 for 2, both wickets falling to 16-year-old leg spinner Mason Crane.

DIVISION THREE (WEST)

Middleton may have clinched the Division 3 West title the previous week but there was no let up as they beat runners up Billingshurst by 67 runs. Ed Towner top scored with 52 in Middleton's 242-9 then Will Searle 6-68 and Chris Speeding 4-30 shared the wickets as the home side were dismissed for 175. Carlton Greene made 57 for Billingshurst.

Steyning finished the season with a resounding 137 run win at Slinfold. A strong second half of the season has seen them narrowly miss out on the runners up spot. Steyning's 237-7 was based around Gary Knott 69 and Sam Grant 59 before Slinfold were shot out for just 100. Ramsinghe took 4-45 while Andy Isaacs did even better with 4-01.

Shirlands beat Pagham at home by 36 runs in a high scoring game. Shirlands posted 276-4 with Steve Heather 105, Will Gubbins 56 and Nick Hunt 52 not out amongst the runs. Pagham get to 240 as Kajal Tyson hit 90 and Stuart Rutter 74 but Chris May 4-60 and Struan Cameron 4-62 made the difference.

Wisborough Green survived the threat of relegation as 11 points from their home match with Arundel kept them afloat after their first Sussex League season. They set a total of 193-9 once again led by Alex Edwards who made 53. Green looked on course for victory before Harrison Temple made 77 not out to give Arundel a three wicket win.

This left Littlehampton needing a victory at Bognor Regis which they were unable to achieve after the home side reached a donating 254-5. Rob Willway made 75 and Sean Taylor 62 were their principal runscorers while Steve Godfrey bagged 4-72.

Littlehampton did get to 213 but Willway's 4-47 including a hat trick and Joe Ashmore's 4-41 ensured that their 34 year membership of the County League was about to come to an close.

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	6	6	0	0	22	2	20	18
PEACEHAVEN & TELS.	5	4	1	0	18	5	14	13
REDHILL	5	3	2	0	14	5	9	11
RYE UNITED	5	3	2	0	12	6	6	11
PAGHAM	4	3	0	1	11	7	4	9
LINGFIELD	5	3	0	2	11	7	4	9
RINGMER	4	3	0	1	6	3	3	9
ARUNDEL	4	3	0	1	5	3	2	9
HASSOCKS	6	3	0	3	8	11	-3	9
DORKING WANDERERS	6	2	2	2	9	11	-2	8
HORSHAM YMCA	5	2	1	2	14	6	8	7
LANCING	6	2	1	3	12	11	1	7
SHOREHAM	5	2	1	2	6	8	-2	7
CROWBOROUGH ATHLETIC	5	2	0	3	6	11	-5	6
SIDLEY UNITED	4	2	0	2	8	16	-8	6
AFC UCKFIELD	5	1	1	3	8	10	-2	4
EAST GRINSTEAD TOWN	5	1	1	3	6	8	-2	4
SELSEY	5	1	1	3	5	13	-8	4
CHICHESTER CITY	7	1	1	5	8	19	11	4
HAILSHAM TOWN	4	1	0	3	5	16	-11	3
ST FRANCIS RANGERS	6	0	1	5	4	12	-8	1
WORTHING UNITED	5	0	1	4	7	16	-9	1

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
LITTLE COMMON	6	4	1	1	14	6	8	13
NEWNHAVEN	5	4	0	1	13	7	6	12
EASTBOURNE UNITED AFC	4	3	1	0	17	5	12	10
BEXHILL UNITED	4	3	1	0	11	7	4	10
LITTLEHAMPTON TOWN	3	3	0	0	9	2	7	9
BROADBRIDGE HEATH	4	2	2	0	8	5	3	8
WESTFIELD	6	1	4	1	7	7	0	7
SEAFORD TOWN	6	1	4	1	7	9	-2	7
SOUTHWICK	4	2	0	2	9	6	3	6
MILE OAK	5	1	3	1	8	7	1	6
MIDHURST & EASEBOURNE	5	0	5	0	4	4	0	5
OAKWOOD	3	1	1	1	7	5	2	4
STEYNING TOWN	4	1	1	2	9	12	-3	4
LOXWOOD	6	0	4	2	3	8	-5	4
RUSTINGTON	6	1	1	4	8	14	-6	4
WICK	5	1	0	4	6	14	-8	3
SALTDEAN UNITED	5	0	1	4	8	17	-9	1
STORRINGTON	5	0	1	4	3	16	-13	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
BARNHAM	4	3	1	0	16	2	14	10
SIDLESHAM	3	2	1	0	10	5	5	7
BILLINGSHURST	3	2	1	0	9	5	4	7
IFIELD	3	1	2	0	7	4	3	5
FERRING	3	1	2	0	8	6	2	5
HAYWARDS HEATH TOWN	3	1	1	1	4	4	0	4
CLYMPING	3	1	1	1	1	4	-3	4
ROFFEY	3	1	0	2	5	7	-2	3
ROTTINGDEAN VILLAGE	3	1	0	2	5	12	-7	3
UCKFIELD TOWN	3	0	2	1	3	6	-3	2
TD SHIPLEY	3	0	1	2	3	9	-6	1
HURSTPIERPOINT	4	0	0	4	3	10	-7	0

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